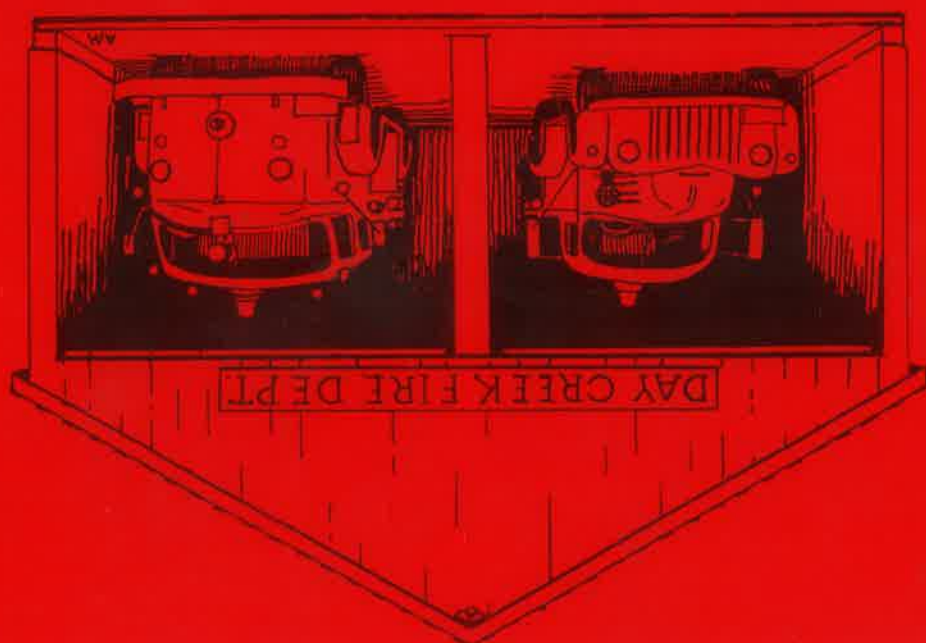


Day Creek Department



FIRE HOUSE COOK BOOK



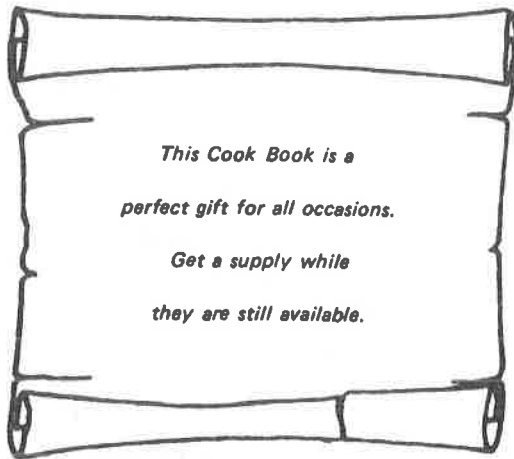
# EXPRESSION of APPRECIATION

Our organization, the compilers and sponsors of this cook book, do here publicly thank and express our appreciation to all those who furnished recipes, who assisted in compiling or sales of books, or in any other way contributed to the publication of this book.

DAY CREEK FIRE  
DEPARTMENT

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1977

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\* \* \*





**APPETIZERS  
PICKLES  
RELISHES**

## A HANDY SPICE GUIDE TO MAKE YOU BECOME A SEASONED SEASONER

**ALLSPICE**....a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. **USES:** (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

**BASIL**....the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. **USES:** For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

**BAY LEAVES**....the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. **USES:** For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

**CARAWAY**....the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. **USES:** For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

**CURRY POWDER**....a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. **USES:** For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

**DILL**....the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. **USES:** Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

**MACE**....the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. **USES:** (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

**MARJORAM**....an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. **USES:** In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

**MSG (MONOSODIUM GLUTAMATE)**....is a vegetable protein derivative for raising the effectiveness of natural food flavors. **USES:** Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

**OREGANO**....the leaf of a safe bush growing in Italy, Greece and Mexico. **USES:** An excellent flavoring for any tomato dish, especially Pizza, chili con carne, and Italian specialties.

**PAPRIKA**....a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. **USES:** A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

**POPPY**....the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. **USES:** Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

**ROSEMARY**....an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. **USES:** In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

**SAGE**....the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. **USES:** For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

**THYME**....the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. **USES:** For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

**TURMERIC**....a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. **USES:** As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

## APPETIZERS, PICKLES, RELISHES

### FLOSS' PICCALILLI

Vida Fredrickson

1 medium head cabbage  
1 gal. green tomatoes  
6 large onions

3 green peppers  
1/2 c. salt  
3 red peppers

Grind and put salt over for a few hours. Wash a little and drain; add:

1 c. vinegar  
3 scant c. sugar  
1 Tbsp. celery seed  
1 Tbsp. mustard seed

1/2 tsp. cloves  
1/2 tsp. allspice  
1/2 tsp. black pepper

Cook slowly about 20 or 25 minutes. Seal while hot. Makes 4 quarts.

### MINCEMEAT

Vida Fredrickson

6 lb. lean beef or venison,  
chopped  
6 lb. apples, chopped  
3 lb. raisins  
2 lb. currants  
3 lb. brown sugar  
1/2 gal. sweet cider  
1 lb. sliced citron  
1 lb. suet, chopped

3 oz. candied lemon peel  
1 tsp. nutmeg  
1 lemon, juice and grated rind  
1 orange, juice and grated  
rind  
1 Tbsp. cloves  
1 Tbsp. allspice  
1 Tbsp. cinnamon

Boil cider and sugar to syrup. Add other ingredients and cook slowly for 2 hours. Keep the portion to be used immediately in the refrigerator. This recipe may be canned or frozen, if desired.

### PICKLED MUSHROOMS

Elsie Pallogi

1/3 c. red wine vinegar  
1 tsp. salt  
12 oz. can button mushrooms,  
drained

1 Tbsp. sugar  
1/3 c. water  
1 tsp. prepared mustard  
2 tsp. snipped parsley

Combine in a small saucepan. Simmer 15 minutes and cool or chill. Serve mushrooms on toothpicks.

## HAMBURGER SALAMI

Kay Winters

Do not mix in metal pan!

4 lb. hamburger

1/4 c. Morton's Tender Mix

Mix well and refrigerate for 12 hours. Add:

2 tsp. ground pepper

2 Tbsp. brown sugar

2 Tbsp. liquid smoke

1 tsp. allspice

2 tsp. garlic powder

Dash of seasoning salt

Roll into 3 or 4 salami rolls. Wrap in cheesecloth. Put in broiler pan and bake for 4 hours at 225°. Let cool.

## PIZZA BREAD

Nancie Elwick

Fry 1 pound hamburger with 1 medium diced onion. Cool and add:

3/4 c. sharp shredded cheese

1/4 tsp. oregano

1 can chopped olives

2 small cans tomato sauce

Garlic salt

Let set overnight. Spread on French bread and broil until bubbly.

## CRAB DIP

Virginia Courson

8 oz. pkg. cream cheese

2 Tbsp. dill pickle, grated

1 c. mayonnaise

Fresh crab or 1 can canned

2 Tbsp. fine onion, grated

crab

Dash of garlic salt

Dash of pepper

## TO SWEETEN DILL PICKLES

Lillian Grant

1 c. sugar

1/2 c. vinegar

Dissolve well. Bring to a boil, stirring well. Take a jar of dill pickles and slice into this cooled syrup; let stand overnight.

## DILLY BEANS

Lillian Grant

2 lb. green beans, trimmed	2 1/2 c. water
4 heads dill	2 1/2 c. vinegar
1 tsp. cayenne pepper	1/4 c. salt
4 cloves garlic	

Pack beans lengthwise into hot pint jars, leaving 1/4 inch head space. To each pint, add 1/4 teaspoon cayenne pepper, 1 clove garlic and 1 head dill. Combine remaining ingredients and bring to boiling. Pour boiling hot over beans, leaving 1/4 inch head space. Adjust caps. Process pints and quarts 10 minutes in boiling water bath. Yield: About 4 pints.

Note: Let beans stand for 2 weeks before tasting to allow the flavor to develop.

## HAWAIIAN PINEAPPLE PICKLES

Luella Luther

1 c. cider vinegar	1 c. mixed pickling spices
3 c. sugar	(in cheesecloth bag)
	4 c. drained pineapple chunks

Simmer together for 3/4 hour, vinegar, sugar and spices. Remove spices. Add pineapple chunks and simmer gently for 1 hour. Bottle hot and seal.

## SALMON SPREAD

Diane Cable

1 lb. can salmon	1 tsp. prepared horseradish
1 (8 oz.) pkg. cream cheese	1/4 tsp. salt
1 Tbsp. lemon juice	2 tsp. liquid smoke
3 Tbsp. grated onions	

Blend and chill. Serve with crackers. You may form into a ball and roll in 3 tablespoons chopped parsley and 1/2 cup chopped pecans.

## HORSERADISH PICKLES

Betty Bussing

1 gal. vinegar	1 c. salt
1 c. dry mustard	1 lb. horseradish, peeled
1 c. sugar	

Pour boiling water over cukes then drain and wipe them dry. Pour mixture into crock and add cukes until full. Let set 3 days

## HORSERADISH PICKLES (Continued)

then add 3 tablespoons brown sugar every day until you have used 2 pounds. Let set 3-4 weeks then you may eat them. You may put into jars and seal if you like.

### CRAB DIP

Bettie Bates

1/4 c. salad dressing	3 Tbsp. catsup for coloring
8 oz. pkg. cream cheese	1 can crab
1 Tbsp. minced onion (fresh)	

Combine all except crab in blender. When blended, fold in crab.

**\*\* EXTRA RECIPES \*\***







**SOUPS**  
**SALADS**  
**VEGETABLES**

## TO QUICK-FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water, enough to cover food. Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size.
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill, pack.	Cut: 2 minutes in boiling water. Whole: 2 1/2 minutes in boiling water.
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole.	Whole: 4 1/2 minutes in boiling water. Sliced: 3 minutes in boiling water.
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water.
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears, 9 for medium, 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water.
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water.

## SOUPS, SALADS, VEGETABLES

### SUMMER LUNCHEON SALAD

Barb Eden

- |                            |                        |
|----------------------------|------------------------|
| 1 head lettuce             | 2 slices cheese        |
| 2 large tomatoes           | 4 slices boiled ham    |
| 1 c. chopped celery        | 4 slices roast beef    |
| 1 large Bell pepper        | 4 slices roast chicken |
| 1/4 c. sweet pickle relish | 4 hard boiled eggs     |
| 1/2 c. mayonnaise          |                        |

Shred lettuce in bowl. Chop tomatoes, celery and green pepper; add to lettuce. Mix pickle relish with mayonnaise and set aside. Cut cheese and meats into thin strips; add to vegetables. Pour on relish and mayonnaise mixture and toss lightly. Garnish with sliced eggs. This recipe may be varied by using leftover pork roast or turkey or cold cuts in place of ham, roast beef and chicken called for in the recipe.

### LEMON, APPLE, WALNUT SALAD

Linda Buchanan

- |                          |                                |
|--------------------------|--------------------------------|
| 1 large pkg. lemon jello | 1 c. apples, unpeeled, chopped |
| Dash of salt             | 1/2 c. chopped walnuts         |
| 1/2 c. chopped celery    | 2 tsp. lemon juice             |

Prepare jello as usual. Chill until slightly thickened. Pour lemon juice over chopped apples. Stir. Add all ingredients. Stir. Put in refrigerator until ready to serve.

### POPPY SEED SOUR CREAM POTATOES

Kathy Wolfe

- |                                      |  |
|--------------------------------------|--|
| 6 large potatoes                     | Salt and pepper to taste                       |
| 1 c. sharp Cheddar cheese,<br>grated | 1/4 c. poppy seed                              |
| 1 pt. sour cream                     | 1 bunch green onions, chopped<br>tops included |
| 1/2 c. half & half                   |  |

Boil potatoes until tender. Refrigerate until cold then peel and grate, using large side of grater. Combine with remaining ingredients and place in lightly buttered casserole. Bake at 350° for 20-25 minutes, covered, then uncover and bake 10 additional minutes or until done.

## TUNA MACARONI SALAD

Elsie Pallogi

1 (8 oz.) pkg. shell macaroni	1 1/2 tsp. salt
1 c. mayonnaise	1/4 tsp. pepper
1/3 c. chopped celery	1 (7 oz.) can tuna, flaked
1 Tbsp. chopped onion	1/4 c. chopped green pepper

Cook macaroni according to package directions; drain. Rinse with cold water; drain again. Mix with mayonnaise and onion. Cool. Add remaining ingredients. Chill. Serves 6.

## TOMATO SOUP

Valerie Bisby

Put 1 (No. 2) can tomatoes in a large pan; chop. Bring to a boil on medium heat. Add 2 mashed chili tepinos and stir. As tomatoes continue to boil, add a small amount of baking soda (about 1/2 teaspoon), enough to make it foam. Remove pan from heat. Add 1 1/2 cans evaporated milk. Stir and it's ready to eat.

For a nice variation, boil 1 small package spaghetti noodles ahead of time. Add to finished soup. Warm for 10 minutes.

## RICE SALAD

Valerie Bisby

1 can crab	1 c. celery
3 c. cooked rice, cooled	1 c. green pepper
1 c. green olives	1 small onion
1 c. black olives	Tang or own salad dressing

Make salad ahead. Refrigerate at least overnight. The longer it sets, the better it tastes.

## DIFFERENT AND EASY JELLO SALAD

Mrs. Leon Meyers

1 small pkg. jello (any flavor)	2 c. Cool Whip (medium size container)
1 tub medium size cottage cheese	

Whip jello and allow to slightly set (soft set). Mix with electric mixer and add cottage cheese. Add Cool Whip (fold in by hand). Place in favorite mold or in oblong pan and refrigerate until firm.

## ZUCCHINI MEAT-FREE MEAL

Valerie Bisby

Put 1 (No. 2) can of tomatoes in a large skillet. Mash. Add 2 cans whole kernel corn and 1 onion, diced. Cook on medium heat. Add 5 or 6 small zucchini, sliced. Cook gently until zucchini is tender. Add lots of grated cheese and stir in to melt. Season to taste. Makes a delicious meal or a great change for a vegetable.

## FISH CHOWDER

Vi Whiting

2 lb. fish	2 Tbsp. butter
1 bay leaf, crumbled	4 potatoes, diced
2 oz. diced salt pork	1 tsp. salt
1 qt. milk	1 c. chopped celery
2 onions, sliced	Pepper

Simmer fish in 2 cups water for 15 minutes; drain. Reserve broth. Remove bones from fish. Saute diced pork until crisp. Remove and set aside. Saute onion in pork fat until golden brown. Add fish, potatoes, celery, bay leaf, salt and pepper. Pour in fish broth, plus enough boiling water to make 3 cups liquid. Simmer 30 minutes. Add milk and butter. Simmer 5 minutes. Serve sprinkled with diced pork.

## BEAN SALAD

Jan Ringhouse

1 can kidney beans	1/2 c. salad oil
1 can green beans	1/2 c. vinegar
1 can wax beans	1/2 tsp. pepper
1 can Garbanzos	1/2 tsp. salt
1 onion	3/4 c. sugar
1 green pepper	

Mix and let stand overnight. Stir occasionally.

## ARLENE'S FRENCH DRESSING

Ruby Ringhouse

1/3 c. sugar	3/4 c. oil
1/4 c. vinegar	Pinch of salt
1/3 c. chili sauce	

Mix well. Store in refrigerator.

## MEXICAN SALAD

Lois Nersten

- |   |                                     |
|---|-------------------------------------|
| 1 lb. hamburger                                 | 1/2 green pepper, diced             |
| 1 can kidney beans or Mexican-style chili beans | 1 c. celery, diced                  |
| 1 small onion, diced                            | 1 head lettuce, cut up              |
| 2 small tomatoes, diced                         | 1/2 bag crushed taco flavored chips |
|   | 1/2 c. grated cheese                |

Fry hamburger with onions and a little garlic salt and 1/2 teaspoon chili powder; drain well. Add beans and let cool. Mix the other ingredients and combine all. Add taco chips last.

## CELERY SEED DRESSING

Virginia Courson

- |                        |                    |
|------------------------|--------------------|
| 2 1/2 c. sugar         | 1 1/8 c. vinegar   |
| 4 tsp. salt            | 1 qt. salad oil    |
| 4 tsp. dry mustard     | 1/4 c. celery seed |
| 1 medium onion, grated |                    |

Combine sugar, salt, mustard, onion and 1/2 vinegar. Gradually add oil and continue beating. Beat in remaining vinegar in small amounts. Add celery seeds and beat until mixture is thick. Store in refrigerator. Yields 2 quarts.

A superb sweet dressing, perfect to use on a fresh fruit salad (canned peaches, bananas, oranges, etc.)

## SAUERKRAUT SALAD (Irene's)

Chick Ankney

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1 qt. sauerkraut, rinsed and drained | Small jar pimentos, drained |
| 2 c. chopped celery                  | 1 green pepper, chopped     |
|                                      | 1 c. chopped onion          |

Mix:

- |                |                  |
|----------------|------------------|
| 1 1/4 c. sugar | 1 1/2 c. vinegar |
| 1 c. oil       |                  |

Heat until sugar is dissolved. Pour over sauerkraut mixture and let stand overnight.

## HONEY SALAD DRESSING

Marjorie Spencer

2/3 c. sugar  
1 tsp. dry mustard  
1 tsp. paprika  
1/4 tsp. salt  
1 tsp. celery seed

1/3 c. honey  
5 Tbsp. vinegar  
1 Tbsp. lemon juice  
1 Tbsp. grated onion  
1 c. salad oil

Stir together dry ingredients and add honey, vinegar, lemon juice and onion, mixing well then add oil slowly while beating with mixer. Cover and store in refrigerator. Excellent for fruit salads.

## FRUIT SALAD DRESSING

Flossie E. Hobson

1 c. pineapple juice  
1 c. orange juice  
1/2 c. lemon juice  
1 c. sugar

3 egg yolks  
2 Tbsp. cornstarch  
1 Tbsp. butter

Heat first 4 ingredients in top of double boiler until hot. Mix egg yolks and cornstarch together and add to hot juices. Cook until thick (15 minutes). Add butter. Serve on fruit or fold into whipped cream.

## COTTAGE CHEESE SALAD

Iva Morgan

3 c. small curd cottage cheese  
1 can Mandarin oranges,  
drained

1 large can chunk pineapple,  
drained  
1 large container Cool Whip

Sprinkle over orange-pineapple jello; mix well.

"My favorite sweet salad. You'll like it even if you don't like cottage cheese."

## CRANBERRY SALAD

Iva Morgan

2 pkg. cherry jello  
2 1/2 c. boiling water  
2 c. whole cranberry sauce

3/4 c. crushed pineapple  
1/2 c. nuts, chopped

Prepare jello using water. Add rest of ingredients. Chill and serve with mayonnaise.

## WASHINGTON POTATO PUDDING

Joyce Roalson

About 2 1/2 c. grated potatoes	2 beaten eggs
1/4 c. chopped onions	1 c. milk
2 Tbsp. flour	1 tsp. salt
2 Tbsp. butter	1/4 tsp. pepper

Peel potatoes and grate. Mix with onions and flour. Melt butter in a shallow 1 quart baking dish. Put potato mixture in. Combine eggs, milk, salt and pepper and pour over potato mixture. Bake for 45 minutes at 375°. Cut in wedges to serve.

## SPINACH PIE

Patt Woods

3 oz. soft cream cheese	4 Tbsp. margarine
1 c. light cream	1 onion, finely chopped
1/2 c. soft bread cubes	1 tsp. tarragon leaves
1/4 c. Parmesan cheese	3/4 tsp. salt
2 eggs, slightly beaten	1/2 lb. mushrooms, chopped
1 c. cooked spinach, well drained, chopped finely	1 unbaked 9 inch pie shell

In a bowl, mash cream cheese; blend in cream. Add bread, Parmesan cheese and eggs to cream cheese and beat. Stir in spinach. Melt butter in frying pan and cook onion and mushrooms. Add tarragon. Blend hot vegetables with spinach mixture. Add salt. Pour into pie shell. Bake at 400° for 25 minutes or until crust browns. Let stand 10 minutes before serving.

## TOMATO GERVALS

Diana Van Notric

4 large or 8 medium tomatoes	2 chopped chives
Salt and pepper	1/2 c. Vinaigrette dressing
2 (3 oz.) pkg. cream cheese	Bunch of watercress or parsley
3-4 Tbsp. light cream	

Peel tomatoes by placing them in a bowl and covering with boiling water for 10 seconds. Drain and cover with cold water. Remove skins. Cut a slice from the bottom (not stem end) of each tomato, reserving slices. Holding the tomato in the hollow of your hand, scoop out the seeds with the handle of a teaspoon, using bowl of spoon to detach the core. Drain seeded tomatoes and season the insides lightly with salt. Soften cheese by working with a wooden spoon through a strainer resting on a bowl or beat with electric mixer. Add enough cream to make a smooth, light

## TOMATOES GERVALS (Continued)

mixture. Season well with salt and pepper and add half the chives with a teaspoon, fill tomatoes with cheese mixture, piling it up well. Replace slices on a slant and arrange them on a platter. Spoon over a little of the Vinaigrette dressing, reserving some to be added just before serving. Cover and chill for up to 2 hours. Just before serving, garnish with watercress or parsley and sprinkle remaining chives over tomatoes.

### Vinaigrette Dressing:

1 Tbsp. vinegar (red, white,  
wine or cider or tarragon)  
3 Tbsp. oil (peanut or olive)  
1/4 tsp. salt

1/4 tsp. black pepper, freshly  
ground  
Chopped fresh or dried herbs  
(thyme, marjoram, basil)

Mix vinegar with seasonings and gradually add oil, whisking until dressing thickens slightly. Taste for correct seasonings. Add more salt if dressing is sharp, yet oily. Fresh herbs are an excellent addition, as is a pinch of sugar, according to your taste.

## POTATO DELIGHT

Bettie Bates

6-8 potatoes (a good baking  
potato)  
1 pt. sour cream  
Salt and pepper to taste

1 bunch green onions, chop  
tops and all  
1 1/2-2 c. shredded cheese

Boil potatoes in jackets and peel then grate. Stir all together except 1/2 cup cheese. Put in casserole and sprinkle rest of cheese on top. Sprinkle with paprika. This may be made and kept in refrigerator for days ahead. Bake at 350° for 30-35 minutes.

## ONIONS AU GRATIN

Joyce Roalson

4 c. thinly sliced onion rings  
(4-5 onions)  
1 can cream of mushroom soup

1 c. shredded cheese  
1/3 c. milk

Place onion rings in buttered 1 quart casserole. Combine soup, milk and 1/2 cup cheese. Pour over onions. Top with remaining cheese. Bake uncovered for 1 1/4 hours at 350°.

## CUCUMBERS IN SOUR CREAM

Bettie Bates

- |   |                     |
|---|---------------------|
| 2 large cucumbers, pared<br>and sliced                    | 1 Tbsp. sugar       |
| 1 small onion, peeled, sliced<br>and separated into rings | 1 Tbsp. lemon juice |
| 1/2 c. dairy sour cream                                   | 1 tsp. salt         |
|   | 1 tsp. sesame seed  |
|   | Dash of pepper      |

Combine cucumbers and onions in a medium size bowl. Mix remaining ingredients in a 1 cup measure; spoon over cucumbers and onions; toss lightly to mix. Chill at least 20 minutes to season and blend flavors. Serve as is or spoon over shredded lettuce, if desired.

## MUSSEL CHOWDER

Diana Van Notric

- |  |  |
|--|--|
| 1 (9 oz.) can cooked mussels<br>or baby clams, drained | 1 small bay leaf                         |
| 1 green pepper, chopped                                | 2 c. water                               |
| 1/4 lb. salt pork, diced                               | Salt and pepper                          |
| 1 large onion, chopped                                 | 2 1/2 c. milk                            |
| 1 stalk celery, chopped                                | 2 Tbsp. flour                            |
| 2 medium potatoes, diced                               | 1 Tbsp. chopped parsley (for<br>garnish) |

Blanch green pepper by cooking it in boiling water for 1 minute. Drain, rinse under cold water and drain again. In a large saucepan, fry pork over gentle heat, stirring until it starts to brown. Add onion and celery and cook until golden brown then add green pepper, potatoes, bay leaf and water and bring to a boil. Season and simmer 10 minutes or until potatoes are tender. Remove from heat. Gradually add 1/2 cup milk to flour, stirring to form a smooth mixture; blend into chowder. Return to heat and stir to boiling. Heat remaining milk and add to chowder with mussels (or clams). Simmer 4-5 minutes before serving. Scatter a little parsley over the soup in each serving bowl.

## BEEF SOUR CREAM ASPIC

Min Tingley

- |                               |                       |
|-------------------------------|-----------------------|
| 1 can julienne or diced beets | 2 tsp. horseradish    |
| 1 pkg. lemon jello            | 2 Tbsp. green onions  |
| 1/4 c. cider vinegar          | 3/4 c. sour cream     |
| Salt                          | 1/4 c. chopped celery |

Add water to beet juice to make 1 cup. Heat and dissolve jello. Add rest and cool until partly set. Blend in sour cream.

## OVERNIGHT FRUIT SALAD

Carol King

2 c. pineapple tidbits  
2 c. pears, cut up  
2 c. Mandarin oranges

2 c. fruit cocktail or white cherries  
2 c. miniature marshmallows  
1 c. whipped cream

Drain juice from fruit, reserving juice from pineapple and heating in double boiler. Cream together the following and add to pineapple juice:

1 Tbsp. butter  
1/2 c. sugar

2 whole eggs  
1 Tbsp. flour

Cook until custard thickens or coats spoon, cool. Add whipped cream and blend. Fold in drained fruit and marshmallows and pour into large bowl. Refrigerate overnight. Sprinkle top of salad with blanched almonds before serving. Serves 12 or more.

## AMBROSIA SALAD

Arlene Tacker

1 large pkg. orange jello  
3 c. water (may use drained fruit juices, also)  
1 small can frozen orange juice

1 small can diced pineapple, drained  
2 cans Mandarin oranges, drained

Mix together and set in refrigerator while making topping.

Topping: Prepare 1 package lemon pie filling and chill. Combine with 1 cup cream, whipped, and spread over salad. Top with coconut and chill thoroughly.

## JELLIED CUCUMBER SALAD

Virginia Courson

3 pkg. lime jello  
3 c. hot water  
1/3 c. vinegar  
3 c. shredded cucumber

3 Tbsp. grated onion  
3 tsp. salt  
1 1/2 c. mayonnaise

Dissolve jello in hot water. Add vinegar and cool mixture until slightly thickened. Peel and seed cucumber before shredding. Add onion and salt; mix thoroughly. Beat thickened jello until fluffy. Drain off excess liquid from cucumbers, fold into jello with mayonnaise. Pour into large mold (3 quarts). Chill. Serves 20.

## TWO LAYER ORANGE SALAD

Leilani Jensen

2 small pkg. orange jello  
2 c. boiling water  
1 (6 oz.) can thawed orange  
juice  
1 (2 lb.) can crushed pine-  
apple and juice

2 small cans Mandarin oranges,  
drained  
1 envelope Dream Whip  
1 pkg. instant vanilla pudding

Mix first 5 ingredients and set. Mix Dream Whip according to directions. Mix pudding, adding only 1 cup milk. Fold pudding and Whip together. Spread on firm jello. Makes a 9 x 13 inch pan.

## PICNIC MACARONI SALAD

Joyce Roalson

3/4 c. mayonnaise  
3/4 tsp. hot dry mustard  
1/2 tsp. salt  
1/4 tsp. pepper  
1/4 c. lemon juice  
2/3 c. undiluted evaporated  
milk  
5 c. hot cooked macaroni

1/4 c. chopped celery  
1/4 c. finely chopped onion  
3 Tbsp. chopped green pepper  
1/3 c. chopped sweet pickles  
1/2 c. cubed process American  
cheese  
1 Tbsp. finely chopped pimento  
1 c. red kidney beans, drained

Combine mayonnaise, mustard, salt and pepper. Add lemon juice to milk; stir until milk thickens. Add to mayonnaise mixture and mix well. Combine hot macaroni, celery, onion, green pepper, pickles, cheese, pimentos and beans in large bowl. Pour dressing over mixture, toss well. Serve warm or chilled (about 2 hours).

## SHRIMP SALAD

Betty Bussing

6 c. cooked rice  
3 (6 oz.) cans shrimp  
2/3 c. chopped celery  
1/4 c. green onion  
1 large tomato

2 Tbsp. salt  
1/2 tsp. pepper  
2 Tbsp. mustard  
1 3/4 c. Best Food's mayon-  
naise

Cook rice then cool. Chop celery, onion and tomato. To cooked rice, add drained shrimp, salt, pepper and mustard. Mix thoroughly. Add green onion, celery and tomato. Stir in mayonnaise. Chill 4-6 hours or overnight. Yield: 10-12 servings.

## BAKED CRAB SALAD

Joyce Roalson

1 large green pepper, chopped	1/2 tsp. salt
1 small onion, chopped	1/16 tsp. pepper
1 c. celery, chopped	1 tsp. Worcestershire sauce
1 lb. crabmeat, shredded	1 c. bread crumbs, mixed
1 c. canned shrimp	with 2 Tbsp. butter
1 c. mayonnaise	

Mix crab and shrimp with vegetables. Add mayonnaise, salt, pepper and Worcestershire sauce. Cover top with buttered crumbs and bake at 350° until brown (about 30 minutes). Serves 8.

## STUFFED ZUCCHINI

Mary Jane Luther

Zucchini	Sour cream
Mushrooms	Salt
Onion	Pepper
Cream cheese	Paprika

Chop mushrooms and onion; mix with cream cheese. Add salt and pepper. Parboil zucchini. Slice each zucchini in half. Scoop hot seeds from center and combine with cream cheese, onions and mushrooms. Seeds will melt cheese. Put zucchini in shallow baking dish. Stuff with cream cheese mixture. Dab on sour cream and sprinkle with paprika. Bake at 325° for about 20 minutes or until zucchini is done.

Variation: Mushrooms and onions may be sauteed before combining with cream cheese. The amount of cream cheese, mushrooms and onions depends on own tastes. I use 1 (8 ounce) package cream cheese for 4-6 medium zucchini. This may be a main dish or a vegetable side dish.

## COLE SLAW SOUFFLE SALAD

Elizabeth Bennetson

1 c. hot water	1/4 tsp. salt
1 pkg. lemon jello	Dash of pepper
1/2 c. cold water	2 c. shredded cabbage
2 Tbsp. cider vinegar	2 Tbsp. chopped celery
1/2 c. salad dressing or mayonnaise	1 Tbsp. chopped onion

Dissolve jello in hot water. Add cold water, vinegar, salad dressing or mayonnaise, salt and pepper; stir well. Quick chill until firm, about 1 inch from edges, but soft in center. Turn mixture into bowl; beat with egg beater until fluffy. Fold in cabbage, onions and celery. Chill until set. -17-

Sedro Woolley, Wa.

## CHEESE APPLE SALAD RING

Elizabeth Bennetson

- |                              |                                |
|------------------------------|--------------------------------|
| 1 (3 oz.) pkg. lemon gelatin | 1/2 c. minced parsley          |
| 1 c. boiling water           | 1/2 tsp. salt                  |
| 1 c. applesauce              | Orange and grapefruit sections |
| 1 c. dairy sour cream        | Watercress                     |
| 2 c. grated Cheddar cheese   |                                |

Dissolve gelatin in boiling water. Stir in applesauce and sour cream. Mix in cheese, parsley and salt. Chill until gelatin begins to thicken. Stir to distribute cheese evenly. Turn into a 5 cup ring mold. Chill until firm. Unmold onto plate. Garnish with fruit and watercress. Makes 4-5 servings.

## CORN AND CHEDDAR CHEESE CHOWDER

Gail Quigley

- |                           |                                   |
|---------------------------|-----------------------------------|
| 1 large potato, diced     | Kernels from 2 ears of corn       |
| 2 c. boiling salted water | or 1 pt. canned corn, drained     |
| 1 bay leaf                | 1/2 tsp. Bakon yeast (not a meat  |
| 1/4 tsp. dried sage       | product) or little bits of bacon, |
| 1/2 tsp. cumin seed       | chopped chives and parsley*       |
| 3 Tbsp. butter            | Salt and pepper                   |
| 1 onion, finely chopped   | 1 1/2 c. sharp Cheddar cheese,    |
| 3 Tbsp. flour             | grated (4 oz.)                    |
| 1 1/4 c. heavy cream      | 4-5 Tbsp. dry white wine (opt.)   |

Peel and dice potato and boil in salted water with bay leaf, sage and cumin seeds until just barely tender, about 15-20 minutes. Melt butter in a saucepan and saute the chopped onion for a while then add flour. Mix well and add cream, stirring with a whisk. Pour this sauce into potatoes and their water, adding also the corn. Add Bakon yeast (or the bacon), chopped herbs and the rest of the seasonings and let soup simmer for about 10 minutes. Stir in grated cheese and wine and mix well. Heat until cheese is completely melted. Correct the seasonings and serve. This recipe serves 4-6.

\*Bakon yeast may be purchased at a health food store.

## POTATO SOUP

Gail Quigley

- |                                |                       |
|--------------------------------|-----------------------|
| 5 large Russet potatoes, diced | 1/2 tsp. caraway seed |
| 1 onion, chopped fine          | 2 Tbsp. dill weed     |
| 3 1/2-4 c. water (enough to    | 1 tsp. salt           |
| keep it all covered)           | Freshly ground pepper |
| 1 1/2 c. milk or cream         | 2-3 Tbsp. sour cream  |

## POTATO SOUP (Continued)

Butter

Garnish: Chopped chives,  
parsley or more dill (opt.)

Wash potatoes well and dice (they may be peeled if preferred). Chop onion fine. Cook potatoes and onion in salted water about 1/2 hour or until they are tender. Add milk, caraway seeds, dill and salt and pepper to taste. Let soup simmer another 15-20 minutes or until it begins to take on a rather thick consistency and the potatoes begin to fall apart a little. Stir in a few tablespoonfuls of sour cream and a tablespoon or two of butter; let it all heat through and serve. Garnish, if you wish, with chopped chives, parsley or more dill. This recipe makes enough for 4-6 servings.

## ALFALFA SPROUTS SALAD

Gail Quigley

2 parts fresh green alfalfa  
sprouts

1 part carrots, shredded

1 part cubed avocado or grated  
beets (raw)

Dash of lemon juice (optional)

Toss together with your favorite dressing.

## CARROT-COCONUT-CELERY CUPS

Mix equal parts of:

Freshly grated coconut (or  
unsweetened flaked coconut)

Freshly grated carrots  
Celery, chopped fine

Mix together well. Serve in lettuce cups. Top with Mint  
Sauce\* or mayonnaise.

\*Mint Sauce: Chop fresh mint fine. Measure, using:

1/2 c. finely chopped mint

1/2 c. light honey

Mix together well. Put in a jar in warm sunlight. Ready for  
use in one day. Honey will draw out delicious mint flavor. This  
stores well in pantry cupboard.

## CELIA'S APRICOT RIBBON SALAD

Carol Fredrickson

- |                               |                             |
|-------------------------------|-----------------------------|
| 2 c. apricot nectar           | 1/2 c. chopped nuts         |
| 1 (3 oz.) pkg. lemon gelatin  | 1 (8 oz.) pkg. cream cheese |
| 1 small can crushed pineapple | 1/4 c. mayonnaise           |
| 1/3 c. diced celery           | 1 pkg. Dream Whip, whipped  |

Heat 1 cup nectar until boiling. Add gelatin; stir until dissolved. Add remaining cup of nectar. Divide this equally into 2 bowls. Add pineapple equally into each bowl. Pour one bowl into mold or pan and chill until firm. Mix cheese until creamy and add nuts, celery and Dream Whip. When gelatin is firm, spread this mixture over set gelatin and then pour remaining gelatin over this. Chill until firm.

## BEAN SOUP

Carol Fredrickson

- |                                 |                       |
|---------------------------------|-----------------------|
| 1 (1 lb.) pkg. small navy beans | 1/2 tsp. pepper       |
| 1/4 lb. bacon, diced            | 1/2 tsp. dried thyme  |
| 2 medium onions, sliced         | 2 bay leaves          |
| 2 medium carrots, diced         | 1 large potato, pared |
| 2 qt. water                     | 1 ham bone            |
| 1 c. celery, sliced             | 3 Tbsp. lemon juice   |
| 2 1/2-3 tsp. salt               |                       |

Night before: Wash beans, soak overnight in cold water to cover. Early next day: 1. Drain beans then in Dutch oven, saute diced bacon until golden. Add sliced onion and diced carrots and saute until onions are golden. 2. Next, add beans, water, sliced celery, salt, pepper, thyme and bay leaves. 3. Now, with medium grater, grate pared potato into bean mixture. Add ham bone. 4. Simmer covered 3 hours or until beans are tender. Remove bay leaves. 5. Remove ham bone, cut all bits of meat from it and return meat to soup. 6. To serve at once, add lemon juice or refrigerate soup until next day then add lemon juice. Reheat and serve. Makes 9 1/2 cups. This receipt may be made using lentils instead of beans.

## BAKED PARTY PEAS

Gladys Gorman

- |                               |                             |
|-------------------------------|-----------------------------|
| 2 cans peas                   | 1 can water chestnuts, cut  |
| 2 cans French fried onions    | 1 can grated Cheddar cheese |
| 2 cans cream of mushroom soup |                             |

Combine vegetables, onions, soup and chestnuts, drained.

## BAKED PARTY PEAS (Continued)

Mix and put in shallow casserole and sprinkle with cheese. Bake at 350° about 40 minutes. Serves 12. Can be cut in half.

## HARVARD BEETS

Sandy Walker

3 c. cooked diced beets	6 Tbsp. sugar
3 Tbsp. cornstarch	1/2 c. vinegar
1/4 c. water	3 Tbsp. melted butter

Combine sugar and cornstarch, butter, water and vinegar. Cook over hot water until smooth and thick. Season to taste. Add beets. Heat thoroughly. Serve at once.

## SHRIMP DILL DIP

Carol King

1/4 c. milk	1/2 tsp. salt
1/4 c. mayonnaise	1 tsp. dried dill weed
2 Tbsp. lemon juice	1/2 tsp. Tabasco sauce
1 (8 oz.) pkg. cream cheese, softened	1 c. shrimp
	2 Tbsp. finely chopped onion

Gradually blend milk, mayonnaise and lemon juice into cream cheese and beat until smooth. Add onion, salt, dill and Tabasco sauce and mix well. Stir in shrimp and chill.

## CRAB DIP

Lillian Grant

1 c. mayonnaise	1 tsp. Worcestershire sauce
1/4 c. catsup	1 can crab
1 tsp. horseradish	

Mix in order given. If you like, a small amount of Tabasco sauce may be added.

## CRAB FLAKES IN TOMATO JELLY

Elsie M. Barben

2 c. strained tomatoes	1/2 tsp. sugar
1 tsp. salt	2 Tbsp. lemon juice
1 Tbsp. unflavored gelatin	3/4 c. flaked crabmeat
2 Tbsp. cold water	1 Tbsp. chopped sweet pickle
1 tsp. Kitchen Bouquet	

## CRAB FLAKES IN TOMATO JELLY (Continued)

Combine tomatoes, salt, sugar and Kitchen Bouquet; heat to boiling. Soften gelatin in cold water and add to hot tomato puree. Cool until partially set. Fold in crabmeat. Add lemon juice and pickle. Mix quickly and pour into mold which has been rinsed with cold water. Chill until firm. Serve on lettuce. Garnish with mayonnaise.

## CHINESE SALAD

Lillian Grant

1 c. Chinese noodles	1 c. grated onions
2 cans (1 1/2 c.) boned chicken pieces	1 c. chopped radishes
	1 c. diced celery

Mix with mayonnaise or boiled-type dressing and chill several hours. Sliced water chestnuts may be added to mixture, if desired. An attractive garnish for this salad is Mandarin oranges. This salad may be used as a main dish for a luncheon. It needs only hot rolls or toast wedges and a beverage to complete the meal.

## COTTAGE CHEESE SALAD

Elsie M. Barben

2 c. large curd cottage cheese	1 c. coarsely shredded carrots
1/2 c. salad dressing	1 c. peas
1 c. shredded cabbage	1/2 chopped green or red pepper
1/4 c. sliced green onions	Salt to taste

Combine. Chill. Garnish with carrot slices.

## CAULIFLOWER AND SHRIMP SALAD

Wanda Hinds

2 c. cooked rice	1 small onion
6 hard boiled eggs	1 small head raw cauliflower buds
1 can shrimp	

Mix together:  
3/4 c. mayonnaise  
Salt and pepper  
1/4 c. sweet pickle juice

Add to first mixture and refrigerate until needed.





# MAIN DISHES



# HANDY CHART OF KITCHEN MATH WITH METRIC

## KITCHEN MATH WITH METRIC TABLES

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

### THE APPROXIMATE CONVERSION FACTORS FOR UNITS OF VOLUME

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft <sup>3</sup> )	cubic meters (m <sup>3</sup> )	0.03
cubic yards (yd <sup>3</sup> )	cubic meters (m <sup>3</sup> )	0.76
<hr/>		
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m <sup>3</sup> )	cubic feet (ft <sup>3</sup> )	35
cubic meters (m <sup>3</sup> )	cubic yards (yd <sup>3</sup> )	1.3

### DEEP-FAT FRYING TEMPERATURES WITHOUT A THERMOMETER

A 1-inch cube of white bread will turn

golden brown:

345° to 355°	65 seconds
355° to 365°	60 seconds
365° to 375°	50 seconds
375° to 385°	40 seconds
385° to 395°	20 seconds

### TABLE OF PROPORTIONS

Gelatin (unflavored) - 1 Tbsp. thickens  
2 cups liquid

Salt

Soups & Sauces	1 tsp. to 1 qt. sauce
Dough	1 tsp. to 4 cups flour
Cereals	1 tsp. to 2 cups liquid
Meat	1 tsp. to 1 lb. meat
Vegetables	½ tsp. using 1 qt. water

### SIMPLIFIED MEASURES

dash = less than 1/8 teaspoon	2 pt. (4 c.) = 1 qt.
3 tsp. = 1 Tbsp.	4 qt. (liquid) = 1 gal.
16 Tbsp. = 1 cup	8 qt. (solid) = 1 peck
1 cup = ½ pt.	4 pecks = 1 bushel
2 cups = 1 pt.	16 oz. = 1 lb.

If you want to measure part-cups by the table-spoon, remember:

4 Tbsp. = ¼ cup	10 2/3 Tbsp. = 2/3 cup
5 1/3 Tbsp. = 1/3 cup	12 Tbsp. = ¾ cup
8 Tbsp. = ½ cup	14 Tbsp. = 7/8 cup

### CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8-oz. . . . .	1 cup
picnic . . . . .	1¼ cups
No. 300 . . . . .	1¾ cups
No. 1 tall . . . . .	2 cups
No. 303 . . . . .	2 cups
No. 2 . . . . .	2½ cups
No. 2½ . . . . .	3½ cups
No. 3 . . . . .	4 cups
No. 10 . . . . .	12 to 13 cups

## MAIN DISHES

### PRINCESS KAIULANI CHICKEN

Mary Spurling

1 (3 lb.) chicken, cut in  
pieces  
1 (20 oz.) can crushed pine-  
apple  
1 medium onion, sliced

1 c. tomato catsup  
2 Tbsp. prepared mustard  
2 Tbsp. vinegar  
2 Tbsp. Worcestershire  
sauce

Wash and dry chicken pieces. Place skin side up in shallow baking dish. Combine pineapple, onion, catsup, mustard, vinegar, Worcestershire sauce in saucepan; simmer 5 minutes. Pour over chicken. Bake at 350° for 1 hour or until chicken is tender.

### CLAM LOAF

Ruth Walberg

12 soda crackers  
1 c. milk  
2 eggs

1 can clams with juice  
1/2 c. melted butter  
Dash of salt

Crumble crackers and soak in milk for 20 minutes. Add well beaten eggs, clams, melted butter and salt. Bake in a covered casserole 1 hour at 350°. This is also good with tuna. Serves 4.

### CANALONI

Hilary Whiting

1 lb. ground beef  
1 clove garlic  
1 can mushrooms

1 c. sour cream  
8 slices American cheese  
1 can tomato sauce

Brown ground beef. Add rest of ingredients except cheese and tomato sauce. Dissolve 2 beef bouillon cubes in 1 cup hot water and put in a 9 x 13 inch pan. Put beef mixture in center of each crepe and roll up then put 1 slice cheese on each crepe and pour tomato sauce over all. Bake at 350° for 30 minutes.

#### Crepes:

3 Tbsp. butter  
3/4 c. flour  
1/4 tsp. salt

3 eggs  
1 c. milk

## CANALONI (Continued)

Melt butter in skillet or crepe pan. Combine flour and salt. Add eggs, milk and melted butter. Beat with beater until smooth. Heat crepe pan. For each crepe, pour a scant 1/4 cup batter. Cook until lightly browned. Turn and brown on other side. Stack between paper towels until ready to use. Yield: 12 crepes.

## CHICKEN HOT DISH

Ruth Walberg

- |                                     |                           |
|-------------------------------------|---------------------------|
| 1 (3 lb.) chicken (cut up<br>fryer) | 2 cans celery soup        |
| 2 c. rice, uncooked                 | 1 can mushroom soup       |
| 2 cans consomme                     | 1 can chicken soup        |
|                                     | 1 pkg. dry onion soup mix |

Lay chicken parts in large baking pan and add rice then mix soups together and pour over chicken and rice. Bake 2 hours at 350°. Serves 8-10.

## SWEET BAKED BEANS

Ethel Caron

- |  |                  |
|--|------------------|
| 1 lb. Great Northern beans               | 2 c. white sugar |
| 1-2 medium onions, sliced                | 1 tsp. mustard   |
| 6 slices ham hocks, bacon,<br>pork, etc. |                  |

Soak beans overnight or quick soak (cook on top of stove for 1 hour). Add sliced onions and rest of ingredients. Bake for 4-5 hours at 350°.

## BEEF STROGANOFF (6-8 servings)

- |   |   |
|---|---|
| 1 1/2 lb. cubed round steak             | 1/2 c. chopped onion                                    |
| 1/4 c. flour                            | 1 small clove garlic, minced                            |
| Dash of pepper                          | 2 beef bouillon cubes, dissolved<br>in 10 1/2 oz. water |
| 1/4 c. butter                           | 1 c. sour cream   |
| 1 (4 oz.) can sliced mushrooms, drained | 3 c. cooked wide noodles                                |

Cube meat, dust with flour and pepper. In large skillet, brown meat in butter. Add mushrooms, onion and garlic. Brown slightly. Stir in soup. Cover; cook 1-1 1/2 hours until meat is tender. Stir occasionally. Blend in sour cream, cook over low heat for 5 minutes. Serve over cooked noodles.

## SHRIMP FRIED RICE (10-12 servings)

Linda Buchanan

1 c. uncooked rice	1/2 c. chopped celery
2 eggs	1-1 1/2 c. shrimp (pork or ham)
1/4 tsp. salt	2 Tbsp. soy sauce
2 Tbsp. cooking oil	Chopped green onion
2 Tbsp. bacon drippings	Slivered almonds
1 c. chopped onion	Bacon bits
2 Tbsp. green pepper (opt.)	

Cook rice and cool. Beat eggs. Add salt. Cook until firm. Cool. Wilt onion, celery, green pepper in drippings and oil; don't overcook. Add rice, chopped up cooked egg and chopped meat. Mix in soy sauce. Put on platter. Top with chopped green onion, slivered almonds and bacon bits.

## SALMON OR TUNA CASSEROLE

Gertrude Molker

2 c. salmon or tuna, cooked	1/3 c. milk
1 c. peas	6 slices Cheddar cheese
1 can cream of mushroom soup	1 small pkg. potato chips

Flake salmon or tuna. Add peas, mushroom soup and milk. Crush potato chips and spread over mixture. Cover with cheese slices. Bake at 350° for 35 minutes.

## QUICK BEEF PIE

Barb Eden

1 1/2 lb. hamburger	1 1/2 c. seasoned mashed potatoes
1 medium onion, chopped	1/2 c. shredded cheese
1/2 tsp. salt	1 (1 lb.) can cut green beans or any vegetable, drained
1 (10 oz.) can tomato soup	
1/4 tsp. pepper	

Crumble beef into large skillet. Add onion and salt and cook until browned. Pour off fat. Add soup and green beans and pepper; simmer 5 minutes. Pour into greased 2 quart casserole. Drop potatoes in mounds onto hot mixture. Sprinkle with cheese. Bake at 350° for 30 minutes.

## AFRICAN CHOW MEIN

Vi Whiting

- |                              |                             |
|------------------------------|-----------------------------|
| 1 c. uncooked rice           | 1 or 2 onions, chopped      |
| 1 can chicken rice soup      | 1 lb. veal or pork steak    |
| 1 can cream of mushroom soup | 2 c. water                  |
| 1 can mushrooms              | 1/4 lb. blanched almonds or |
| 2 c. chopped celery          | cashews                     |

Cut meat into bite size pieces and brown with onion and celery. Add rest of ingredients and bake 1 1/2 hours at 350°.

## TURKEY PIES

Vi Whiting

- |                             |                                |
|-----------------------------|--------------------------------|
| 3 c. chopped roasted turkey | 2 tsp. salt                    |
| 1/2 c. chopped onion        | 1/8 tsp. pepper                |
| 2/3 stick margarine         | 20 oz. pkg. frozen mixed       |
| 1/3 c. flour                | vegetables, cooked and         |
| 3 c. milk                   | drained                        |
| 1 tsp. basil leaves         | Pastry for 2 double crust pies |

Cook onion in butter until tender. Add flour to make paste. Gradually stir in milk, basil, salt and pepper. Cook over medium heat, stirring constantly until sauce thickens and bubbles. Remove from heat and combine with turkey and cooked vegetables. Cool. Line 2 pie pans with pastry. Pour half of the creamed turkey mixture into each pan. Cover with top crust and crimp edges. Cut a few slits on top and bake at 425° for 30 minutes. Second pie may be frozen.

## DATE YAM SUPREME

Diane McManus

- |                           |                      |
|---------------------------|----------------------|
| 2 c. yams, cooked until   | 1 c. bananas, mashed |
| tender, a little milk and | 1 c. dates, chopped  |
| a little butter           | 1/2 c. honey         |
| 1 c. pecans, chopped      | 1 Tbsp. orange juice |
| 1/4 tsp. salt             |                      |

Mash yams with milk and butter. Beat until fluffy. Add the rest of the ingredients, blending well. Pour into greased casserole dish. Bake for 20-25 minutes in a preheated oven. Place under broiler to brown the top. (Preheat oven to 350°). Makes 4-6 servings.

## CHICKEN RICE CASSEROLE

Elizabeth Bennetson

1 c. diced celery  
1 medium onion, diced  
3 Tbsp. mayonnaise  
2 c. water or broth  
2 cans mushroom soup

1 c. rice (regular, uncooked)  
2 c. diced chicken  
1 can peas (optional)  
1 c. grated carrot (optional)

Simmer first 3 ingredients until tender. Add water, soup and rice and cook until nearly done. Add chicken and vegetables (for color) and place in a greased 9 x 13 inch pan. Bake for 1/2 hour at 350°.

## GOOD GROUND LAMB (4-6 servings)

Ms. Alison Zak-Blum

1/2 c. olive oil  
2 c. chopped onions  
1 lb. ground lamb  
1 1/2 c. canned tomatoes  
1 c. water (optional)

1 1/2 tsp. salt  
1/2 tsp. pepper  
1 bay leaf  
2 Tbsp. parsley  
1 1/2 lb. green beans

Heat oil and saute onions. Mix in lamb and cook until brown. Add tomatoes and seasonings. Simmer. Add beans. Cover and cook for 30 minutes.

## PORK GOULASH (8 servings)

Ms. Alison Zak-Blum

1 pork loin (4-5 lb.), cut in  
1 inch cubes  
3 Tbsp. lard  
4 large chopped onions  
2 Tbsp. paprika  
1 tsp. salt  
1/2 tsp. dried marjoram

2 cloves minced garlic  
1 c. pork or chicken stock  
3 1/2 c. sauerkraut  
1 c. sour cream  
1/4 c. Tokay wine

Brown pork in lard; set aside. Gently cook onions in saucepan until golden. Add pork and sprinkle with paprika and salt. Add marjoram, garlic and broth. Simmer covered 30 minutes. Add sauerkraut and continue to cook 30 more minutes, until pork is tender. Stir in sour cream and wine. Reheat, but do not boil.

## BROCCOLI CASSEROLE

Deanna Joe Aschim

1 tsp. butter  
1/2 c. chopped celery  
1/2 c. chopped onion  
1 c. instant rice

1 (8 oz.) pkg. chopped broccoli,  
cooked  
1/2 can cream of chicken soup  
1 small jar Cheez Whiz  
Grated Cheddar cheese (about  
1 c.)

Saute celery and onions in butter. Add next 4 ingredients.  
Top with grated cheese. Bake at 350° for 30 minutes.

## SEAFOOD CASSEROLE

Deanne Joe Aschim

1/2 c. butter  
1 c. chopped onions  
1 1/2 c. chopped celery

1 medium green pepper  
1 c. fresh chopped mushrooms

Saute until tender. Make a white sauce:

2 Tbsp. flour  
2 Tbsp. butter

2 c. milk

To white sauce, add:

1 can mushroom soup  
1/2 c. mayonnaise

3 tsp. curry powder  
2 c. fresh crab and 2 c. shrimp

Add sauteed vegetables to white sauce. Cook 1 cup rice in  
2 1/2 cups water with 3 chicken bouillon cubes. When rice is  
done, add to white sauce mix. Put into buttered 9 x 13 inch glass  
casserole pan. Bake at 350° for 20 minutes or until heated  
through. (I've used leftover roasts or chicken in place of sea-  
food and it's just as delicious).

## CHICKEN CRUNCH

Deanna Joe Aschim

2 cans cream of mushroom  
soup  
1/2 c. milk  
3 c. diced chicken  
1 can tuna, flaked

1/4 c. minced onion  
1 c. chopped celery  
1 (5 oz.) can water chestnuts,  
sliced  
1 (3 oz.) can chow mein noodles

Mix all ingredients and put in a 2 quart casserole dish. Bake  
at 325° for 40 minutes.

## PICNIC MEAT LOAF

Deanna Joe Aschim

1 c. tomato sauce  
3/4 c. grated carrots  
1/4 c. instant mashed potatoes  
1/4 c. finely chopped celery  
2 Tbsp. minced parsley

1 Tbsp. minced onion  
1 Tbsp. Worcestershire sauce  
2 tsp. salt  
1/2 tsp. poultry seasoning  
2 lb. hamburger

Mix all ingredients together, mix well. Pack into greased 9 x 3 inch loaf pan. Bake at 350° for 1 1/4 hours. Cool. Cut very thin slices.

## PAPRIKA CHICKEN

Chick Ankney

2 cut up fryers  
1/3 c. flour  
1/4 tsp. pepper

3/4 tsp. salt  
1 Tbsp. paprika

Thoroughly coat pieces of chicken with mixture of flour and spices. Brown in 1/3 cup fat in heavy skillet about 15 minutes. Add 1/2 cup chopped onion.

2 or 3 bouillon cubes  
3 c. water (very hot)

1 c. dairy sour cream

Dissolve bouillon cubes in hot water. Add 1/2 cup to chicken in pan. (Add more as needed). Cover and simmer over low heat for 30-40 minutes or until tender. Remove to serving platter. Add remaining bouillon and sour cream to pan drippings. Stir well, heat and pour over chicken.

## MEAT BALL STROGANOFF

Chick Ankney

1 lb. ground beef  
1/3 c. dry bread crumbs  
1/3 c. milk  
1 egg, beaten  
1/2 tsp. Worcestershire sauce  
1 tsp. salt  
Dash of pepper

1/4 c. oil  
2 Tbsp. green onion slices  
8 oz. pkg. cream cheese, cubed  
3/4 c. water  
4 1/2 oz. jar mushrooms,  
drained  
4 c. noodles, cooked, drained

Combine meat, bread crumbs, milk, egg, Worcestershire sauce, salt and pepper. Form into 24 meat balls; brown in oil. Cook 10-15 minutes or until done. Remove meat balls. Add green onions, cook until tender. Add cream cheese, water and

## MEAT BALL STROGANOFF (Continued)

mushrooms. Heat over low heat; stir until smooth. Arrange meat balls over hot noodles, cover with sauce.

## STUFFED CABBAGE ROLLS

Ethel Caron

1 lb. ground beef	1 1/2 tsp. salt
8 large cabbage leaves	1/4 tsp. pepper
1 1/2 c. soft bread crumbs	Dash of garlic
1/2 c. finely chopped onion	Sliced mushrooms, if desired
2 beaten eggs	1 can condensed tomato soup

Cook cabbage leaves in boiling water for 5 minutes, drain. Combine ground beef, bread crumbs, onion, eggs, mushrooms and seasonings. Shape meat mixture into 8 rolls and wrap securely in cabbage leaves. Pour soup into skillet. Add cabbage rolls. Cover and bring to a boil. Reduce heat and simmer 35 minutes, spooning sauce over occasionally. Makes 4 servings.

## LIVER PUFFS

Elsie M. Barben

1 1/2 lb. liver	1 c. cracker crumbs
3 onions, peeled	1 tsp. salt
1 egg	1 c. hot water

Simmer liver in water until firm then grind with onions. Add remaining ingredients; blend. Shape into 6 patties and pan fry in hot bacon fat until brown on both sides.

## DUCK IN SAUVA

Betty Bussing

Bake a duck then cut into pieces. In a deep frypan, put:

2 Tbsp. olive oil	1/2 tsp. rosemary
2 or 3 buttons of garlic	

Simmer a few minutes and add the duck. Add:

1/2 c. vinegar	1/4 c. water
3 tsp. sugar	1 can tomato sauce
1 c. white wine	

Simmer for 1-2 hours.

## SALMON WITH BISCUIT TOPPING

Carol Fredrickson

2 c. seasoned white sauce	1 tsp. salt
1 tall can salmon	1/8 tsp. pepper
3/4 c. grated cheese	1 recipe baking powder biscuits

Pour off liquid and remove all skin and bones from salmon. Combine salmon, white sauce, cheese and seasonings. Pour into greased casserole. Place small biscuits on top of salmon mixture and bake in a preheated oven at 425° for 20 minutes. Serves 5.

## SALMON LOAF

Arlene Tacker

2/3 c. bread crumbs	1/3 c. chopped onion
2/3 c. milk	2 Tbsp. chopped parsley
1 (1 lb.) can salmon	2 beaten eggs
1/4 c. mayonnaise	1/2 tsp. salt
2 Tbsp. lemon juice	

Soak crumbs in milk. Combine remaining ingredients. Mix the two together well and pour into greased 1 1/2 quart baking dish. Bake at 350° for 30 minutes. Serve with Tartar Sauce.

## CHINESEY MEAT LOAF

Joyce Roalson

1 (3 oz.) can chow mein noodles, crushed	1 onion, chopped
1 c. buttermilk	1 tsp. salt
2 lb. ground beef	1/4 tsp. pepper
2 eggs, slightly beaten	1/2 tsp. ground thyme
	2 Tbsp. soy sauce

In mixing bowl, combine noodles and buttermilk. Let stand 15 minutes. Add beef, eggs, onion, salt, pepper, thyme and soy sauce. Mix well and press into a 9 x 5 x 3 inch greased loaf pan. Bake for 1 hour at 350°. Serves 8-10.

## ZUCCHINI CASSEROLE

Barb Warfield

2 1/2 c. cooked zucchini	6 eggs
1 c. chopped onion	Salt and pepper
1 chopped green pepper	2 c. buttered bread crumbs
3 Tbsp. butter	1/2 c. cheese
1 c. cooked rice	

Mix all together. Bake for 45 minutes-1 hour in buttered casserole at 350°.

## LASAGNA

Barb Warfield

Simmer together:

- |                        |                             |
|------------------------|-----------------------------|
| 1 lb. ground beef      | 1 1/2 tsp. salt             |
| 1 clove garlic, minced | 2 c. tomatoes               |
| 1 Tbsp. parsley        | 2 (6 oz.) cans tomato paste |
| 1 Tbsp. basil          |                             |

Boil 10 ounces of lasagna noodles in salted water until tender.  
Combine:

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 3 c. cream-style cottage cheese | 1/2 tsp. pepper                   |
| 2 eggs, beaten                  | 2 Tbsp. parsley                   |
| 2 tsp. salt                     | 1 lb. Mozzarella cheese, cut thin |

Alternate noodles, cheese and meat in a 9 x 13 inch pan. Bake 30-40 minutes at 375°. Sprinkle with Parmesan cheese. Let cool for 10-15 minutes before cutting. Serves 10-12.

## BROCCOLI CHICKEN CASSEROLE

Ellen Johnson

- |  |                              |
|--|------------------------------|
| 2 pkg. frozen broccoli or<br>fresh cooked broccoli | 1 c. mayonnaise              |
| 3 or 4 breasts of chicken                          | 1 tsp. lemon juice           |
| 1 can cream of mushroom<br>soup                    | 1 tsp. curry powder          |
|  | 1 c. shredded Cheddar cheese |

Boil chicken breasts until tender. Cook broccoli. Place remaining ingredients in saucepan and heat until cheese is melted. Put broccoli in bottom of a 2 quart baking dish. Add chicken. Pour sauce over all. Bake uncovered at 350° for 25 minutes.

## BEER BATTER (Great for fish 'n chips)

Patt Woods

- |                 |                       |
|-----------------|-----------------------|
| 1 c. flour      | 2 egg whites          |
| 1/2 tsp. salt   | 2 egg yolks           |
| 1/8 tsp. pepper | 2/3 c. beer           |
| 1 tsp. paprika  | 2 Tbsp. melted butter |

Sift dry ingredients together. In a small bowl, beat egg whites until stiff, but not dry. In another bowl, beat egg yolks thoroughly. Stir in beer, dry ingredients and melted butter. Gently fold in egg whites.

For fish, heat oil to 375°. Dip fish in batter and fry 2-3 minutes on each side, until well browned. Puffs up nicely.

## BEEF-A-CHILI

Jean Pallogi

Small pkg. brown beans (dry), cooked	1 lb. ground beef
1 large can whole tomatoes	1 can corned beef
1 green pepper	1 white onion

In a frying pan, cook ground beef, onions and green peppers. Add corned beef and cook until soft. Add this to pot of cooked beans. Add tomatoes, 1 teaspoon garlic and a tablespoon of chili powder. Add salt to taste.

## COTTAGE CHEESE LOAF

Margo Leahy

2 lb. cottage cheese (small curd)	3/4 c. walnuts, chopped
1 pkg. onion soup mix	1 stick butter, melted
5-6 c. Special K cereal	5 eggs

Mix well. Bake at 350° for 1 hour in oiled loaf pan. Serve with brown or mushroom gravy.

## FOOLPROOF SOUFFLE

Delphine Wezenski

6 eggs	1 can mushroom soup
1 c. sharp Cheddar cheese	

Heat in double boiler, mushroom soup and cheese. Cool slightly and beat in yolks of 6 eggs. When this is thoroughly cool, fold in beaten egg whites. Pour into ungreased casserole. Bake at 300° about 1-1 1/2 hours.

## QUICK VIENNA SAUSAGE STEW

Delphine Wezenski

2 boiled potatoes, sliced into 6 or 7 slices	2 hard boiled eggs, sliced the same
2 cans Vienna sausages, cut in halves	1/4 c. cooking oil
1/4 slice onion	1 clove garlic, mashed
1 (4 oz.) can tomato sauce	3/4 c. water
	Salt and pepper

Place in pan potatoes, eggs, sausage, oil with garlic, onion and salt and pepper about 5-7 minutes. Add tomato sauce and water. Let cook for 8-10 minutes. Serves 4.

## TURKEY DIVAN

Joyce Roalson

2 c. turkey (chunks)  
2 (10 oz.) pkg. broccoli  
6 oz. cheese, sliced  
1 can evaporated milk

1 can cream of mushroom soup  
1 can Durkee's French fried  
onions or 1 pkg. frozen onion  
rings

Put turkey and broccoli in layers. Put cheese in one of middle layers. Mix milk with soup and pour over. Bake uncovered at 350° about 40 minutes. Take out and put onions on and bake a little longer. You may substitute green beans for the broccoli.

## ELI'S MEAT BALLS

Inda Sanderson

For 2 pounds of meat, use beef, ground 3 or 4 times. Use 3 slices of bread soaked in water and squeeze out part of the water before adding to the meat.

1 Tbsp. cornstarch if meat  
is fat  
1 tsp. ginger

2 tsp. salt  
1 tsp. pepper  
1/2 tsp. mace

Knead meat and other ingredients thoroughly. Shape into balls and fry in 1/2 inch hot fat until golden brown.

## BROCCOLI CASSEROLE

Wanda Hinds

Put a can of tuna fish in bottom of casserole. Put 2 boxes frozen cooked broccoli over it. Take a can of mushroom soup and add 1/2 cup mayonnaise and a squirt of lemon juice. Pour over broccoli. Cover with corn flake crumbs and bake. May be made the day before and baked when desired.

## BROCCOLI SUPREME

Leilani Jensen

1 Tbsp. salad oil  
1 medium onion, chopped  
1 (10 oz.) pkg. frozen chopped  
broccoli, thawed  
1 can cream of chicken soup

Garlic salt and Ac'cent to taste  
2 c. hot cooked rice  
3/4 c. shredded white or yellow  
cheese

Heat oil; add onion and broccoli. Toss and stir 5 minutes. Add soup and seasoning. Butter a shallow pan, 9 x 9 inches and line with hot rice. Pour broccoli mixture over rice and top with cheese. Bake at 325° until bubbly and cheese is melted.

## SWEET AND SOUR CHICKEN WINGS

Min Tingley

Dip wings in 1 egg, beaten. Roll in 1/2 cup cornstarch, 1 teaspoon garlic and salt. Brown in oil. Make sauce:

1/4 c. catsup  
3/4 c. sugar

1/2 c. vinegar  
1 Tbsp. soy sauce

Put wings in shallow pan. Pour sauce over them. Bake for 40 minutes at 350°. Turn or baste.

## CHICKEN AND RICE WITH BEER

Bettie Bates

1 (3 lb.) fryer  
2 tsp. salt and Ac-cent  
1/3 c. salad oil  
1/2 lb. or 1 can Spam  
1 large can peas  
1 (12 oz.) can beer

Water  
1 diced onion  
1/2 tsp. Tabasco sauce  
2 chicken bouillon cubes  
1 1/2 c. rice  
3 pimentos

Sprinkle chicken with salt and Ac-cent; let stand a few minutes. Flour and brown. Put in large casserole. Add Spam in skillet; cook until tender. Add onions then distribute over chicken. Drain liquid from peas and add to beer then add enough water to make 3 cups. Pour into skillet. Add Tabasco sauce, bouillon cubes and 1/4 teaspoon salt. Bring to a boil and scrape pan. Sprinkle rice over chicken and Spam. Pour liquid over all and stir to moisten. Cover and bake 30-35 minutes at 350°. Uncover and toss rice. Add peas and pimentos, cover and bake 10 minutes longer.

## QUICK AND EASY SALMON PATTIES

Jackie Goethals

1 (15-16 oz.) can salmon  
1 egg  
1/3 c. minced onion

1/2 c. flour  
1 1/2 tsp. baking powder  
1 1/2 c. shortening

Drain salmon; set aside 2 teaspoons juice. In a bowl, mix salmon, egg, onion until sticky. Stir in flour, baking powder and juice. Form into small patties and fry until golden in the shortening. Serve with Tartar Sauce or Caesar salad dressing. Serves 4-6.

## SWEDISH APPLE MEAT BALLS

Virginia Courson

- |                                      |                         |
|--------------------------------------|-------------------------|
| 1 lb. ground beef                    | 2 eggs, slightly beaten |
| 1/2 lb. ground veal                  | 1 medium onion, grated  |
| 1/2 lb. ground pork                  | 1/2 tsp. mace           |
| 1 c. firmly packed soft bread crumbs | 1/4 tsp. allspice       |
| 1 c. applesauce (unsweetened)        | 2 tsp. Accent           |
|                                      | Salt to taste           |

### Gravy:

- |                               |                         |
|-------------------------------|-------------------------|
| 3 Tbsp. butter                | 1 c. water              |
| 1/4 c. flour                  | 2 Tbsp. chopped parsley |
| 1 can condensed beef consomme |                         |

Mix all ingredients together lightly. Chill mixture for easier handling. Form into tiny balls. Brown in hot fat. Make the gravy and drop the balls into hot gravy. Simmer 30 minutes. (Good frozen).

## TACO GRANDE SALAD

Jackie Goethals

- |                                     |  |
|-------------------------------------|--|
| 1/2 lb. hamburger                   | 2 tomatoes, cut into thin wedges       |
| 1 (8 oz.) can kidney beans, drained | 1 small avocado, peeled, sliced thin   |
| 1/4 c. water                        | 1/2 c. shredded Cheddar cheese (2 oz.) |
| 1 Tbsp. chili powder                | 2 Tbsp. onion, finely chopped          |
| 2 Tbsp. onion, chopped              | 1/4 c. mayonnaise                      |
| 1/2 tsp. salt                       | 2 Tbsp. chili sauce                    |
| 1/2 tsp. garlic powder              | 1/2 tsp. red pepper sauce              |
| 2 c. bite sized pieces of lettuce   | 2 c. Kix cereal                        |
| 1 c. bite sized pieces of spinach   |  |

1/4 c. sliced pitted ripe olives

Cook hamburger in skillet; drain. Stir in beans, water, 2 tablespoons onion, chili powder, salt and garlic. Heat to boiling; reduce heat, simmer uncovered 10 minutes. Cool 5 minutes. Mix greens, tomatoes, avocado, cheese, olives, 2 tablespoons onion in salad bowl. Mix mayonnaise, chili sauce and pepper sauce. Toss gently with salad mixture. Pour ground beef mixture over salad. Toss gently. Add cereal, toss. Serve immediately. Makes 3-4 servings.

## SALMON STEAKS WITH CREAMY CARROT SAUCE

Elizabeth Bennetson

1/4 c. butter  
2 Tbsp. minced onion  
1/4 c. flour  
1 tsp. salt  
1 c. light cream  
1 c. milk

2 egg yolks, lightly beaten  
2 1/2 lb. salmon steaks,  
1 inch thick  
2 large carrots, very thinly  
sliced

In saucepan, melt butter. Add onion. Cook slowly until onion is tender. Sprinkle with flour and salt and stir. Gradually stir in cream and milk and cook until thickened, stirring constantly. Stir a little sauce into beaten yolks and stir this back into the sauce. Heat about 1 minute but do not boil. Remove from heat. Place salmon steaks in greased baking dish. Sprinkle with sliced carrots. Pour sauce over all. Cover pan with aluminum foil. Bake at 375° for 20 minutes. Serves 8-9.

## MEXICAN MEAT BALLS

Una Johnson

Combine:

1 lb. ground beef  
1 c. bread crumbs  
1 chopped onion  
1/2 c. milk

2 egg yolks, beaten  
1 tsp. salt  
Dash of pepper

Make into balls. Dip meat balls into 2 beaten egg whites. Roll into 1 1/2 cups bread crumbs and brown in 3 tablespoons fat. Roll in crumbs and place in casserole. Pour over all:

1 can tomato soup  
1/2 can water

1 chopped onion  
1 chopped green pepper

Bake at 350° for 30 minutes.

## DUMPLINGS

Nelda Schimke

1 c. flour  
1 1/2 tsp. baking powder  
1/2 tsp. salt  
1/2 tsp. sugar

1 tsp. parsley flakes  
1 egg  
1/2 c. milk

Combine. Turn heat to simmer. Place dumplings on stew. Cover tightly. Simmer gently 20 minutes or until done.

## CORN-HAMBURGER BAKE

Nelda Schimke

- |  |                       |
|--|-----------------------|
| 1 c. large onion, sliced                                   | 3/4 c. water or milk  |
| 1 lb. ground beef  | 1 tsp. salt           |
| 1/4 c. chopped celery                                      | 1/4 tsp. pepper       |
| 2 (1 lb.) cans cream-style corn (save 1/2 c. for biscuits) | 1 bouillon cube       |
|  | Corn biscuits (below) |

Oven: 425°. Brown onion and ground beef in hot fat. Add rest of ingredients except biscuits. Bring to a boil. Pour boiling meat mixture into a 2 1/2 quart casserole. Drop corn biscuits by tablespoonfuls on top of mixture. Bake for 25-30 minutes. Makes 8 servings. (Casserole also good without biscuits).

### Corn Biscuits:

- |                          |             |
|--------------------------|-------------|
| 1 c. flour               | 1 tsp. salt |
| 1 1/2 tsp. baking powder |             |

Mix together. Beat in:

- |                         |                       |
|-------------------------|-----------------------|
| 1 egg                   | 2 tsp. parsley        |
| 1/2 c. cream-style corn | 3 Tbsp. vegetable oil |

Drop into hot mixture.

## SPEDINI ALLA ROMANA

Ellen Johnson

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1 long loaf French or Italian bread | 2-3 Tbsp. prepared mustard    |
| 1 cube butter                       | 1 Tbsp. poppy seed            |
| 1/4 c. chopped onion                | 1/2 lb. sliced Swiss cheese   |
|                                     | 4 slices bacon, cut in halves |

Trim most of the crust from top and sides of bread and slash almost to the bottom at 1 inch intervals. Saute onion in butter until tender then mix with mustard and poppy seeds and spread between slashes of the bread. Insert the cheese slices in the bread and arrange the bacon over the top of the stuffed loaf. Bake at 350° until bacon is crisp and cheese is melted. Serve with tomato juice and green salad, if desired.

## CRAB LASAGNA

Jeane Darland

- |                             |                        |
|-----------------------------|------------------------|
| 8 oz. lasagna, cooked       | 8 oz. cream cheese     |
| 2 cans crab                 | 2 c. cottage cheese    |
| 2 cans cream of shrimp soup | 1 large onion, chopped |
| 4 large tomatoes            | 1 egg, beaten          |

Combine cream cheese, cottage cheese, onion, egg, scant teaspoon salt, 2 teaspoons basil and a shake of pepper. Line a 9 x 13 inch pan with a layer of noodles, 1/2 cheese mixture all the crab-shrimp mixture, remainder of noodles and cheese. Peel and slice tomatoes and arrange on top. Sprinkle with 2 teaspoons sugar. Bake at 350° for 1 hour. The last 15 minutes, add 1 cup sharp cheese. Let set 10-15 minutes before cutting. Makes 8 servings.

## CHICKEN GOODY

Jackie Goethals

- |                                |                             |
|--------------------------------|-----------------------------|
| 2 c. diced cooked chicken      | 2 c. diced celery           |
| 1 c. mayonnaise                | 6 hard cooked eggs, chopped |
| 1 c. chicken broth or bouillon | 2 Tbsp. pimento, chopped    |
| 1 c. slivered almonds          | 2 1/2 c. cooked rice        |
| 2 cans cream of chicken soup   | 1 tsp. salt                 |
| 2 Tbsp. lemon juice            |                             |

Mix all together. Put into casserole dish. Top with crushed potato chips. Bake for 30-45 minutes at 350°. This may be prepared early and baked later. Also, it may be frozen and baked later.

## TEXAS HASH

Jan Walker

- |                               |                              |
|-------------------------------|------------------------------|
| 1 lb. ground beef             | 2 tsp. salt                  |
| 3 large onions, sliced        | 1-2 tsp. chili powder        |
| 1 large green pepper, chopped | 1/8 tsp. pepper              |
| 1 (16 oz.) can tomatoes       | 1/2 c. uncooked regular rice |

In large skillet, cook meat, onions and green pepper until meat is brown and vegetables are tender. Drain off fat. Stir in tomatoes, rice, salt, chili powder and pepper; heat through. Pour into ungreased 2 quart casserole. Cover. Bake for 1 hour at 350°.

## HAMBURGER PIZZA

Joyce Roalson

Crust: Dissolve 1 package dry yeast in  $3/4$  cup warm water. Add 2  $1/2$  cups Bisquick; beat. Knead until smooth. Divide into 3-4 parts. Roll paper thin and put on ungreased baking sheets.

Filling: Mix together:

$3/4$ c. chopped onion	$1/2$ c. green pepper
1 clove garlic, chopped	Salt and pepper to taste
1 lb. cooked hamburger	2 c. tomato sauce

Spread on dough and sprinkle with 2  $1/2$  cups grated Mozzarella cheese and oregano to taste. Bake for 15-20 minutes at 425°.

## ROUND STEAK 'N RAVIOLI

Lisa Walker

3 Tbsp. flour	1 (15 $1/2$ oz.) can spaghetti sauce with mushrooms
1 tsp. salt	3 medium zucchini (about $3/4$ lb.)
$1/2$ tsp. oregano	1 (16 oz.) can tiny whole onions, drained
1 $1/2$ lb. beef round steak, 1 $1/2$ inches thick	1 (15 $1/2$ oz.) can cheese ravioli in sauce
1 Tbsp. shortening	
$1/4$ tsp. pepper	

Heat oven to 375°. Mix flour and seasonings. Coat meat with flour mixture. Reserve remaining mixture. Melt shortening in skillet and brown meat. Place in ungreased baking dish, 11  $1/2$  x 7  $1/2$  x 1  $1/2$  inches. Pour spaghetti sauce into skillet. Stir in reserved flour mixture. Heat to boiling, stirring constantly. Pour over meat. Cover with foil. Bake for 45 minutes. Cut each zucchini lengthwise in half. Place zucchini and onions in sauce around meat. Spoon ravioli over meat. Cover. Bake for 45 minutes longer or until meat is tender.

## MUSHROOM POT ROAST

Leilani Jensen

3 $1/2$ -4 lb. beef pot roast	1 clove garlic, minced
Flour and seasonings	$1/4$ tsp. each dry mustard, dried marjoram, rosemary, thyme
2 c. sliced onions	6 oz. can sliced mushrooms
$1/4$ c. each water, catsup	
$1/3$ c. dry wine	

Trim excess fat off roast; coat with flour and sprinkle with salt and pepper. Brown in 2 tablespoons fat. Add all remaining

## MUSHROOM POT ROAST (Continued)

ingredients. Cover and bake in a slow oven until tender. Remove meat from roaster. Blend about 1 cup water and 1/3 cup flour and stir into hot juice. Cook and stir until thick and bubbly. Serve with meat.

## ZUCCHINI LASAGNA

Leilani Jensen

1/2 lb. hamburger	1/8 tsp. pepper
1/3 c. chopped onion	4 medium zucchini
1 (15 oz.) can tomato sauce	8 oz. diet cottage cheese
1/2 tsp. salt	1 egg (raw)
1/2 tsp. oregano	2 Tbsp. flour
1/4 tsp. basil	1/4 lb. shredded Mozzarella or Jack cheese

About 1 hour before serving, cook ground beef and onion until tender. Remove fat and add next 5 ingredients; heat to boiling. Simmer 5 minutes. Slice zucchini lengthwise into 1/4 inch thick slices. Combine eggs and cottage cheese well. In an 8 x 12 inch dish, arrange 1/2 of zucchini slices. Sprinkle with 1 tablespoon flour. Top with cottage cheese and 1/2 of meat mixture. Repeat zucchini slices, flour and meat. Sprinkle with shredded cheese. Bake for 40 minutes at 375°. Let stand 10 minutes for easier serving. Serves 6.

## BRUNCH CHEESE CASSEROLE

Kathy Wolfe

4 slices bread, lightly buttered	1/4 tsp. dry mustard
3 eggs	1/4 tsp. cayenne pepper
2 c. milk	1/4 tsp. onion salt
1/2 tsp. salt	1/4 tsp. Worcestershire sauce
Juice of 1/2 lemon (optional)	2 c. nippy yellow cheese, coarsely grated

Cut bread into cubes. Beat eggs. Add seasonings and milk. Arrange bread alternately with cheese in casserole. Pour liquid over all. Let stand 15 minutes (or make the night before). Bake at 350° for 45 minutes.

Note: Do not set casserole in pan of hot water to bake. If desired, add chopped chipped beef, shrimp or sausage to this casserole.

## CHINESE PEPPER STEAK

Darlene Manley

1 lb. beef chuck, cut into strips  
2 Tbsp. drippings  
1 onion, cut into strips  
1 clove garlic, minced  
1/2 c. sliced celery

1 or 2 large green peppers, cut into strips  
2 Tbsp. pimento  
1/2 c. consomme  
2 tsp. cornstarch  
2 Tbsp. water  
1 Tbsp. soy sauce

Melt drippings. Add beef and brown slowly. Add onion, garlic, celery and green pepper and pimento. Add consomme. Cover and simmer 20 minutes. Thicken with cornstarch blended with water and soy sauce. Simmer 5 minutes. Serve with rice.

## MEAT BALLS WITH SWEET-SOUR SAUCE

Lillian Grant

1 lb. lean ground beef  
1 egg  
1/2 c. crushed corn flakes  
1/2 c. bread crumbs  
1/2 tsp. salt  
1/8 tsp. pepper

1/2 tsp. nutmeg  
3/4 tsp. soy sauce  
1/4 green pepper, finely chopped  
1/2 clove garlic, minced (optional)

Combine all ingredients. Shape into bite size meat balls. Brown in a small amount of cooking oil. Do not overcook. Meat balls may be prepared in advance and frozen. Sauce should be made just before serving.

### Sweet-Sour Sauce:

2 Tbsp. cornstarch  
1/4 c. cider vinegar  
1/2 c. soy sauce  
Green peppers (optional)

1/4 c. water  
1/4 c. brown sugar  
1 (20 oz.) can pineapple chunks with juice

Heat until slightly thickened. Serve over meat balls in chafing dish.

## A FAST HAMBURGER CASSEROLE

Karen Morgan

Brown some hamburger in a small amount of bacon fat with onions. Add some undiluted tomato soup (about 1 can per pound of hamburger). Add drained green beans (if home canned, boil in juice then drain and add), about a pint for above amounts will do.

## A FAST HAMBURGER CASSEROLE (Continued)

Spread evenly in bottom of dish, pan or skillet. Cover with mashed potatoes (about 1 inch all over). Grate medium Cheddar cheese over all and stick in oven or may be heated on stove top until thoroughly heated. Use tight lid.

## STUFFED SOURDOUGH LOAF

Kathy Wolfe

1 (8 inch) round sourdough or  
French loaf, uncut  
1 large onion, chopped  
2 Tbsp. salad oil  
1 1/2 lb. ground beef (lean)  
Salt and pepper to taste  
1 (6 oz.) can tomato paste  
1 (4 1/2 oz.) can chopped ripe  
olives

1 (4 oz.) can sliced mushrooms  
1 egg, beaten  
1/2 c. burgundy wine  
Herbs to taste, if desired  
1/4 c. grated cheese (opt.)  
8-12 oz. sliced Mozzarella  
cheese

In a large skillet, saute onion in oil. Add ground beef, salt and pepper, cooking to brown the beef. Add tomato paste, olives, mushrooms, egg and wine. Blend all ingredients thoroughly and heat through. Cut top of loaf of bread, scrape out inside, leaving the crust intact. Tear the bread into small pieces and add to meat mixture. (If desired, add herbs and grated cheese to taste). Place mixture into hollowed bread loaf. Wrap in foil, double wrapping the bottom after replacing the top of bread. Bake for 1 hour at 325°. Remove top of bread and cover with Mozzarella cheese. Replace top, return to oven for 10 minutes.

## RUBY CHOW'S PORK FRIED RICE

Delphine Wezenski

1/2 c. diced meat, either  
raw or cooked pork or beef,  
chicken, shrimp or ham  
1 stalk green onion, chopped  
1/4 c. shredded lettuce  
1/2 tsp. monosodium glutamate

2 c. cooked rice  
1/2 small onion  
1 egg  
1/4 tsp. salt  
2 tsp. soy sauce  
2 Tbsp. oil

Use large heavy skillet. Turn heat on high and add 2 table-  
spoons oil. When hot, add diced meat and onions. Fry until brown.  
Add eggs and scramble with meat and onion. Turn heat to low. Add  
rice. Add salt, monosodium glutamate and soy sauce; mix well.  
Add green onions and shredded lettuce. Mix well and serve im-  
mediately. Serves 4.

## CHOW MEIN HOT DISH CASSEROLE

Delphine Wezenski

- |                     |                            |
|---------------------|----------------------------|
| 1 1/2 lb. hamburger | 1 can chicken rice soup    |
| 2 medium onions     | 1 can mixed vegetables     |
| 1 can mushroom soup | 1 1/2 c. chow mein noodles |
| 1 1/2 c. celery     |                            |

Brown onions, meat, celery. Add noodles, soup, vegetables and a little juice. Save a few noodles for the top. Bake for 45 minutes at 350°.

## ROBUST FISH (Sole or Red Snapper)

Delphine Wezenski

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 2 lb. fillet of sole or red snapper | Salt and pepper               |
| Flour                               | 2 Tbsp. butter                |
| 2 Tbsp. oil                         | 1/2 c. grated Parmesan cheese |
| 3 Tbsp. finely chopped onion        | 1 1/2 Tbsp. paprika           |
| 1 1/2 c. sour cream                 | 1/2 c. bread crumbs           |
| 2 Tbsp. melted butter               | Finely chopped parsley        |

Blend flour and salt and pepper; dredge fish. Melt butter in skillet and add oil. Saute fish until brown. Place fish in lightly buttered baking dish. Sprinkle with paprika. Blend cheese. Add sour cream. Pour over fish. Sprinkle on bread crumbs. Top with melted butter and parsley. Bake at 350° for 30 minutes.

## RUBY CHOW'S SWEET AND SOUR SPARERIBS

Delphine Wezenski

- |  |   |
|--|---|
| 3/4-1 lb. spareribs (have butcher cut into pieces 1 1/2 inches long) | 1 c. vinegar (cider or white)                   |
| 1 c. sugar   | 1/2 tsp. caramel coloring                       |
| 1 c. water   | 1/2 tomato, cut into 4 or 5 pieces (optional)   |
| Cornstarch for thickening  | 1 slice pineapple, cut into 6 pieces (optional) |
| 1/2 green pepper, cut into 4 or 5 pieces (optional)                  |   |

Step One: Put spareribs into deep fryer basket. Lower into fat at 375°-400°. Deep fry until golden brown; drain and set aside. Step Two: Use a heavy pot, about 2 quart size. Pour sugar, vinegar and water into pot and stir. Turn heat on high and bring to a boil. Step Three: Add browned spareribs to boiling mixture. Bring again to a boil then turn heat down and let simmer for about

## RUBY CHOW'S SWEET AND SOUR SPARERIBS (Continued)

10 minutes. Step Four: Add caramel coloring then add cornstarch thickening to the consistency of one's desire.

Note: When using tomatoes, green peppers and pineapple, add just before using the cornstarch thickening.

### PORK PIE TORTIENE

Delphine Wezenski

1 lb. ground pork  
1 tsp. salt  
1/4 tsp. pepper

1 c. water  
2 tsp. flour  
Dash of garlic salt

Add seasoning, flour and water to pork. Heat only until pink or meat is done. Pour mixture into an 8 inch pastry lined pan. Cover with top pastry which has been pricked in several places to allow steam to escape. Fold upper crust over bottom crust at edge. Press edge firmly. Bake in a hot oven at 425° for 10 minutes; reduce heat to 350° and bake until brown, about 30 minutes. Serve hot. Yields 6 servings.

### CHICKEN IN A HURRY

Kathy Wolfe

1 large fryer, cut up  
2 Tbsp. flour  
1 tsp. salt  
1/2 tsp. paprika  
1/8 tsp. pepper

2 (6 oz.) jars marinated  
artichoke hearts  
2 Tbsp. butter  
1/2 c. sherry or white wine  
1 can mushroom soup

Toss chicken pieces in a bag with flour, salt, pepper and paprika. Drain marinade from artichoke hearts into a Dutch oven. Add butter and heat until it melts. Arrange chicken pieces in the Dutch oven and brown on all sides. Add wine and cover. Cook until chicken is almost done, about 25 minutes, then stir in mushroom soup and artichoke hearts. Heat through and serve hot.

### MEAT LOAF

Nelda Schimke

1 1/2 lb. ground beef  
3/4 c. uncooked oats  
1/4 c. chopped onion  
1 1/2 tsp. salt

1/4 tsp. pepper  
1 c. tomato juice  
1 egg, beaten

Combine all ingredients thoroughly. Pack firmly into an

## MEAT LOAF (Continued)

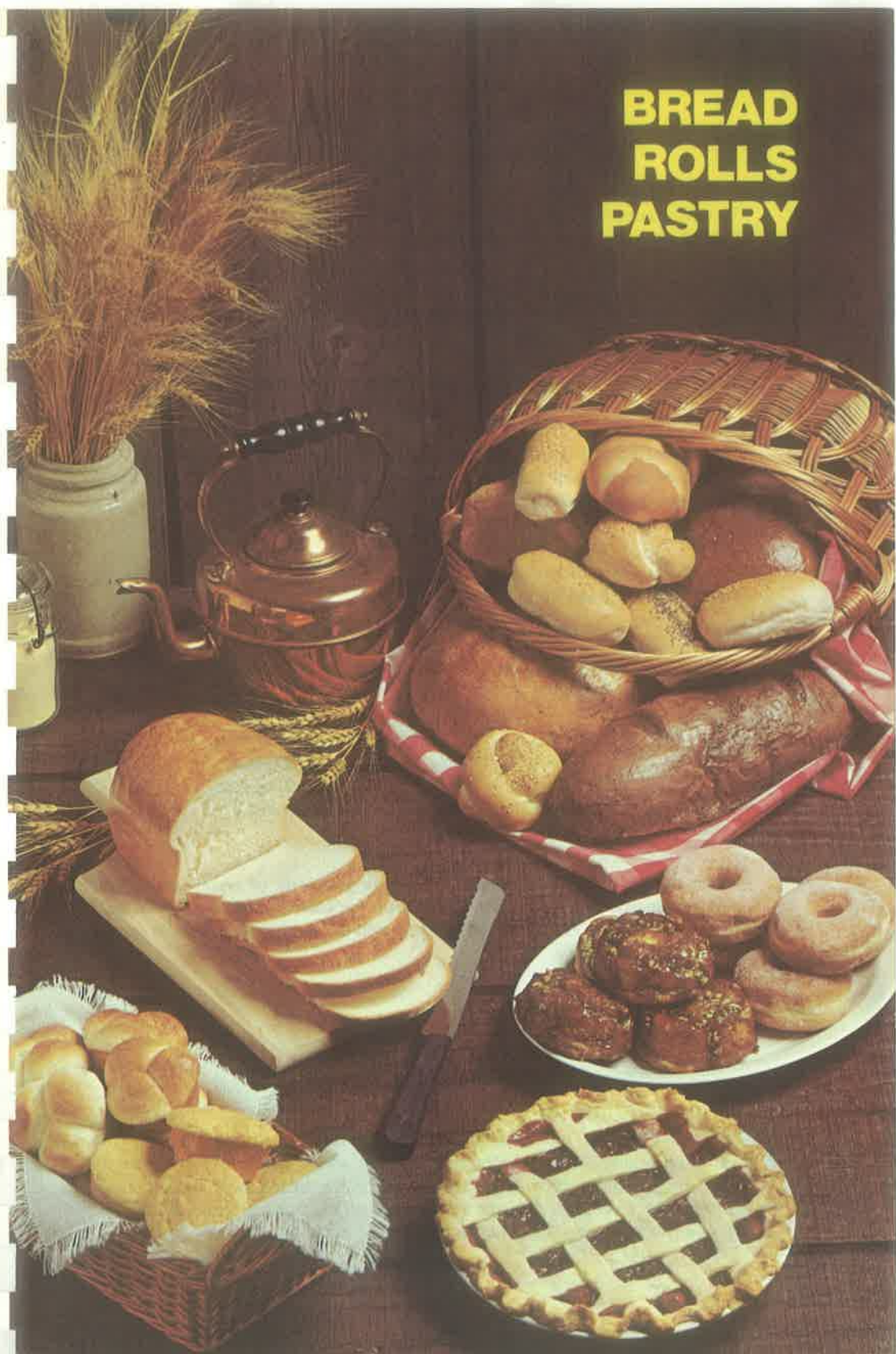
ungreased loaf pan. Bake at 350° for 1 hour and 15 minutes. Let stand 5 minutes before slicing.

**\*\* EXTRA RECIPES \*\***





# BREAD ROLLS PASTRY



## COOKING SUGGESTIONS

To toast coconut for cakes, put in pie pan and place in moderate oven. Stir often from edges, to brown evenly.

\* \* \* \* \*

Flour should be sifted once before measuring. Fill the cup without packing.

\* \* \* \* \*

Do not grease the sides of cake pans, grease only the bottoms.

\* \* \* \* \*

When beating egg whites do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

\* \* \* \* \*

Rub the bottom of the soup cup with a sliced whole garlic to accent the flavor of Navy Bean Soup.

\* \* \* \* \*

Eggs should be at least three days old before using in cakes.

\* \* \* \* \*

SLOW OVEN . . . . .	250 to 325 degrees
MODERATE OVEN . . . .	350 to 375 degrees
HOT OVEN . . . . .	400 to 450 degrees
VERY HOT OVEN . . . .	450 to 500 degrees

\* \* \* \* \*

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way. Your finished product will be much smoother and not so apt to become sugary.

## PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.

## BREAD, ROLLS, PASTRY

### GOOD CORN BREAD

Darlene Manley

1 cube (1/2 c.) margarine, melted	1/2 tsp. soda
1/3 c. sugar	1 c. flour
2 eggs, beaten	1 c. corn meal
1 c. buttermilk	1/2 tsp. salt

Mix all ingredients and add a small can whole kernel corn, 1 tablespoon minced onion and some crumbled bacon bits. Mix and bake at 350° for 35 minutes.

### SOURDOUGH PANCAKES

Mrs. Leon Meyers

Twelve hours before you need the pancakes, use sourdough starter and 2 1/2 cups flour and 2 cups warm water. Leave overnight in a warm place, covered with a towel. In the morning, take about 1 cup of the mixture out for your next starter and put it in the refrigerator. Don't forget! This is your starter for the next time. Add:

1 egg	3 Tbsp. oil
A little pinch of salt	

Put a rounded teaspoon of soda in a glass of water and add to the batter about 5-10 minutes before cooking. When saving your starter for next time, don't put into container with a screw down lid.

### ZUCCHINI BREAD

Mrs. Leon Meyers

3 eggs, beaten fluffy	3 c. flour
1 c. vegetable oil	1 tsp. salt
2 c. sugar	1 tsp. soda
2 c. zucchini, peeled, grated	3 tsp. cinnamon
2 tsp. vanilla	1/4 tsp. baking powder

Mix dry ingredients together then combine liquids and zucchini with flour mixture and mix thoroughly. Add 1/2 cup chopped nuts or raisins. Bake at 325° for about 1 hour. Makes 2 small loaves.

## NORWEGIAN HOLIDAY BREAD

Carol Fredrickson

Bake at 350° for 30-35 minutes. Heat 1/2 cup butter and 1/2 cup milk to melt butter. Cool to lukewarm. Soften 1 packet of yeast in 1/2 cup warm water in mixing bowl. Stir in:

1/4 c. sugar	1 tsp. salt
1 c. raisins	1/2 c. chopped candied cherries
1/2 c. blanched almonds	or candied fruit
1 slightly beaten egg (reserve	The milk mixture
1 Tbsp. for brushing loaves)	

Add gradually 3 1/2-4 cups flour to form a stiff dough, beating well after each addition. Let rise in warm place until doubled in size, 1 1/2-2 hours. Turn out on floured surface. Toss lightly until coated with flour and not sticky. Shape as follows: 1. Either divide into two parts and shape into round loaves. Place on greased baking sheet or 2 well greased 8 inch round or star-shaped pans. 2. Or, divide in 3 parts, shape into round loaves and place in 3 well greased 1 pound coffee cans. Cover. Let rise until light and doubled in size, about 1 hour. Bake at 350° for 30-35 minutes. Brush with reserved egg.

## PARKER HOUSE ROLLS

Carol Fredrickson

1 c. milk	1 packet yeast
5 Tbsp. sugar	1 c. lukewarm water
1 Tbsp. salt	6 c. flour
6 Tbsp. melted shortening or cooking oil	

Scald milk. Add sugar and salt, cool to lukewarm. Dissolve yeast in lukewarm water and add to lukewarm milk. Add 3 cups flour and beat until perfectly smooth. Add melted shortening and remaining flour or enough to make easily handled dough. Knead well. Place in greased bowl. Cover and set in warm place, free from drafts. Let rise until doubled in bulk, about 1 1/2 hours. Roll out 3/8 inch thick and cut with biscuit cutter. Dip both sides of one half in melted butter or margarine and fold in half pocket-book-style. Place in a well greased pan close together, putting buttered sides up. Cover and let rise until light, about 1 hour. Bake in a hot oven at 425° about 20 minutes. Makes about 4 dozen.

## EASY BANANA BREAD

Sharon Whiting

1/2 c. margarine  
1 c. sugar  
2 eggs  
3 bananas, mashed

2 c. flour  
1/2 tsp. soda  
1/2 tsp. salt

Mix in order given. Pour in loaf pan and bake at 350° for approximately 1 hour.

## RAISED WHOLE WHEAT BISCUIT-BUNS

Kathleen Fant

2 pkg. dry yeast

1/2 c. warm water

Dissolve yeast in water; add:

1/2 c. oil (vegetable)  
1/4 c. honey  
1/4 c. molasses  
1 Tbsp. salt  
1/4 c. sesame seed

1/4 c. wheat germ  
1/4 c. sunflower seed  
4 c. whole wheat flour  
1 1/2 c. warm water

Stir all ingredients together. Turn onto a floured board, kneading in a small amount of whole wheat flour as needed to make a stiff dough. Knead about 15 minutes. Put in greased bowl and let rise in a warm place until double. Punch down and turn out on a board and knead lightly. Roll out to 1/2 inch thickness and cut with biscuit cutter. Place on greased cookie sheet, cover and let rise until puffy. Bake at 375° about 20 minutes or until golden. Makes about 3-4 dozen buns.

## LIGHT 'N LUSCIOUS ORANGE PIE

Chick Ankney

1 1/4 c. flour  
3 1/4 oz. pkg. coconut cream  
pudding (not instant)  
1/4 tsp. salt

1/2 c. solid shortening  
2 Tbsp. butter or margarine  
1 egg

Combine in large mixer bowl; blend at low speed until moistened. Press into an ungreased 13 x 9 inch pan. Bake at 350° for 15-18 minutes, until golden brown. Cool.

2 c. dairy sour cream  
1 1/3 c. sweetened condensed  
milk

1 (4 5/8 oz.) can orange flavor  
instant breakfast drink

Combine in small mixer bowl, beat 1 minute. Pour into cooled baked crust.

## NEVER FAIL PIE CRUST

Sandy Walker

4 c. flour  
1 Tbsp. sugar  
2 tsp. salt

1 3/4 c. shortening (no butter  
or lard)  
1 Tbsp. white vinegar  
1 large egg

Put first 3 ingredients in bowl and mix with fork. Add shortening and mix with a fork until crumbly. In a small bowl, beat together with fork, 1/2 cup water, vinegar and egg. Combine the two mixtures, stirring with fork until moistened. Divide into 5 portions and pat out into flat shape and wrap in Saran Wrap or waxed paper. Put in freezer and use as needed, or use fresh. Allow to thaw about 30 minutes when ready to use one.

## NO-KNEAD CINNAMON ROLLS (Makes 18)

Barb Eden

1/2 c. scalded milk  
3 Tbsp. shortening

3 Tbsp. sugar  
1 1/2 tsp. salt

Cool to warm. Dissolve 1 package yeast in 1/2 cup warm water. Add to above. Blend in 1 egg. Add 3 1/4 cups flour; mix well. Cover and let rise in warm place for 15 minutes. Roll out dough on a well floured board to an 18 x 12 inch rectangle. Spread with:

2 Tbsp. melted butter  
1/4 c. sugar

2 tsp. cinnamon

Roll up in jelly roll fashion. Cut into 1 inch slices and place into well greased muffin pans (or any other pan). Let rise until double in bulk (about 1 hour). Bake at 375° for 20-25 minutes.

## DREAM PIE

Deanna Jo Aschim

1 (No. 2) can pie cherries  
1 (No. 2) can crushed pineapple  
3 oz. orange jello  
1 c. walnuts

2/3 c. sugar  
1/4 c. flour  
3 bananas  
Whipped cream

Bring the two fruits to a boil and thicken with sugar and flour. Cook until thick. Remove from heat and stir in jello. Set aside to cool. Add chopped bananas and nuts. Pour into baked pie shells and top with whipped cream. Makes 2 (9 inch) pies.

## CHEESE CAKE

Deanna Jo Aschim

2 (8 oz.) pkg. cream cheese  
1/2 c. sugar  
2 Tbsp. vanilla

2 eggs  
Vanilla wafers  
Canned cherry filling

Put 1 vanilla wafer into bottom of each cupcake paper (makes about 22). Fill cup about 1/2 full with cheese mixture. Bake at 350° for 12-15 minutes. Put in icebox to cool. Top with canned cherry filling.

## BUTTERSCOTCH PIE

Nancie Elwick

2 eggs, separated  
1 1/2 c. brown sugar  
1/2 tsp. salt  
1 1/2 c. milk

4 Tbsp. flour  
2 Tbsp. butter  
1 tsp. vanilla

Mix all ingredients except vanilla. Add beaten egg yolks. Cook until thick and add vanilla. Cool and pour into pie shell. Cover with meringue and brown.

## DUMPLINGS FOR TWO

Sigurd R. Walberg

1 egg  
1 Tbsp. milk  
1/2 c. flour

1/4 tsp. salt  
1 tsp. baking powder

Beat egg until very light and add milk. Sift together dry ingredients and add to milk and egg. Drop from end of a teaspoon into boiling stock. Do not remove cover of pot. Cook 10 minutes.

## WAFFLES FOR TWO

Sigurd R. Walberg

1 c. sour milk  
1/2 tsp. soda  
2 eggs

Pinch of salt  
2 Tbsp. shortening, melted  
Enough flour to make very thin batter

Separate eggs. Mix together sour milk, soda, egg yolks, salt and shortening then add flour to make thin batter. Fold in well beaten egg whites.

This recipe may also be used for pancakes by omitting the shortening.

## BAKING POWDER BISCUITS

Ina Sanderson

2 c. flour  
4 tsp. baking powder  
3/4 tsp. salt

1 or 2 Tbsp. Crisco  
Approx. 3/4 c. milk

Mix and sift dry ingredients. Rub in Crisco with tips of fingers or chop in with a knife. Add milk gradually to make a soft dough. Use a knife in mixing. Toss on a well floured board. Pat and roll out to 1 inch thickness. Cut with a biscuit cutter dipped in flour. Place close together on a greased pan. Bake in a hot oven for 10-15 minutes.

Variations: Use 1 cup flour with 1 cup rye flour or whole wheat flour or 1 1/2 cups flour with 1/2 cup corn meal or 1 cup flour with 1 cup mashed potatoes in place of the 2 cups of flour.

One cup rye and 1 cup buckwheat flour and 2 extra teaspoons of baking powder may be used in place of white flour and a little more milk will be required.

## CHEESE CRACKERS

Louisa Bussing

1/3 c. milk  
1 Tbsp. cider vinegar  
1 3/4 c. flour

1/4 tsp. soda  
1/2 c. margarine  
1/2 c. sharp Cheddar cheese,  
grated

Combine milk and vinegar and set aside. Combine rest of ingredients and knead until it resembles coarse meal. Add milk mixture and mix only enough to combine. Turn out on floured board and knead briefly. Roll out 1/3 inch thick and cut in 2 x 1 inch pieces. Place on cookie sheet and prick with fork. Bake at 375° about 15 minutes. Makes 5 dozen.

## HANNA'S SWEDE PANCAKES

Frank Bussing

4 eggs  
1 1/2 c. milk  
3/4 c. flour

2 Tbsp. sugar  
2 pinches of salt

Beat eggs well. Add milk then add flour, sugar and salt (it will appear too thin, but it is not). Cover bottom of pan and fry until light brown. Turn and cook until done. Sprinkle with sugar and cover with cream or use jelly or syrup.

## RHUBARB-PECAN BREAD

Eloise Maddox

1 1/2 c. brown sugar  
2/3 c. vegetable oil  
1 c. buttermilk  
2 1/2 c. flour  
1 1/2 c. rhubarb

1/2 c. chopped pecans  
1 egg  
1 tsp. soda  
1 tsp. salt  
1 tsp. vanilla

Combine sugar, oil and egg. Combine milk, soda, salt and vanilla. Combine the 2 mixtures and add flour. Fold in rhubarb and pecans. Pour into 2 greased and floured pans. Sprinkle with topping of:

1 Tbsp. melted butter

1/3 c. brown sugar

Bake for 1 hour at 325°.

## VEDA'S PUMPKIN BREAD

Betty Bussing

4 c. sugar  
2 c. margarine  
8 eggs  
3 c. pumpkin  
5 1/2 c. flour  
4 tsp. soda  
2 tsp. salt

4 tsp. cinnamon  
2 tsp. nutmeg  
1 tsp. ginger  
1 tsp. cloves  
3 c. chopped nuts  
3 c. chocolate chips

Mix the first 4 ingredients. Add dry ingredients. Bake for 65-75 minutes at 350°. When you remove from oven, poke holes in top of bread with a toothpick and pour powdered sugar mixed with water over top. This forms a glaze when cooled.

## NO ROLL PIE CRUST

Barb Eden

Blend:

1/4 c. butter  
1/4 c. sugar

1 egg yolk

Cut in 1 cup flour. Press into a 9 or 10 inch pie pan. Bake 10 minutes at 400°.

## WHITE BREAD

Barb Eden

3 1/2 c. warm water  
1/4 c. sugar  
2 Tbsp. salt  
11-12 c. flour

1/4 c. melted shortening or oil  
2 pkg. yeast, sprinkled over  
1/2 c. warm water

Mix together. Turn out on floured board and knead dough about 5 minutes. If dough sticks, add a little more flour. Place dough in greased bowl, cover and let rise in warm place for 1 1/2 hours or until double in bulk. Punch down and let rise again, about 30-45 minutes. Turn out on board and shape into 4 loaves. Place in well greased pans and cover. Let rise about 1 1/4 hours. Bake at 375° for 35-45 minutes.

## CORN MEAL BREAD

Una Johnson

1 qt. milk  
1 1/2 c. corn meal  
1/2 c. sugar  
1 cube margarine  
2 eggs, beaten

2 pkg. yeast  
1 c. warm water  
1 Tbsp. salt  
About 12 c. flour  
1 c. raisins (optional)

Put corn meal in cold milk. Heat and stir to scalding point. Add sugar and margarine and/or washed raisins, if you like. Dissolve yeast in warm water until foamy. Beat eggs in large bowl and then add milk mixture, plus yeast. Beat in flour with salt, enough to knead on board. Let rise. Punch down and let rise in greased bowl again until doubled. Put in pans and let rise. Bake at 350° for 10 minutes then at 300° or a little over for 45 minutes to 1 hour.

## HONEY-WHOLE WHEAT BREAD

Barb Warfield

2 pkg. yeast  
1/2 c. warm water  
1/3 c. honey  
1 Tbsp. salt  
1/4 c. shortening

1 3/4 c. warm water  
3 c. whole wheat or graham  
flour  
3-4 c. white flour

Dissolve yeast in 1/2 cup warm water in large bowl. Add honey, salt, shortening, 1 3/4 cups water and whole wheat flour. Beat until smooth. Stir in white flour. Knead about 10 minutes. Place in greased bowl. Cover and let rise until double (about 1 hour). Punch down, divide in half. Place in 2 loaf pans. Let rise until double. Bake at 375° for 45 minutes.

## PUMPKIN BREAD

Iva Morgan

In large bowl, combine:

4 c. sugar	2 tsp. salt
5 c. flour	3 tsp. cinnamon
4 tsp. soda	1 small tsp. cloves
1 tsp. cream of tartar	

In separate bowl, mix:

2 eggs	4 c. pumpkin (1 large can)
1 c. oil	

Add to flour mixture. Add:

2 c. raisins	1 1/2 c. nuts, chopped
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Bake for 1 hour at 350°. Makes 3 loaves. Freezes well.

## ENGLISH MUFFINS

Helen Korneliussen

Start 3 1/2 hours before serving or these may be kept fresh about 1 week, or freeze them. Combine in large bowl:

2 Tbsp. sugar	1 tsp. salt
1 1/2 c. flour	1 pkg. yeast

Heat in saucepan:

1 1/2 c. milk	1/4 c. butter
---------------	---------------

Gradually mix liquid into dry ingredients until blended. Beat on medium speed for 2 minutes. Beat in 1 egg and 1 cup flour to make a thick batter. Continue to beat 2 more minutes. Stir in enough flour (about 2 cups) to make a stiff dough. Turn onto floured surface and knead until well mixed (2 minutes). Shape into ball and place in greased bowl until doubled (1 1/2 hours). Punch down. Turn onto floured surface, cover with bowl 15 minutes. Meanwhile, place 2 tablespoons yellow corn meal in pie pan. Roll dough 3/8 inch thick. Using 3 inch cookie cutter, cut dough into circles. Dip both sides in corn meal. Place 1 inch apart on cookie sheet. Cover, let rise until doubled (45 minutes). Lightly brush large skillet with oil. Heat over medium heat until hot. Place circle in pan. Cook 8 minutes on each side, until browned. Cool on wire rack. Before serving, split with fork and toast. Serve hot.

## TREASURE LOAF

Diane Cable

1 c. flour	1 (8 oz.) jar maraschino
1 c. sugar	cherries
1/2 tsp. salt	4 c. walnuts
1/2 tsp. baking powder	4 eggs
3 c. dates, pitted	1 tsp. vanilla

Sift flour, sugar, salt and baking powder into large bowl. Drain cherries. Add dates, cherries and nuts to flour. Do not cut or chop any of the ingredients. Beat eggs. Add vanilla. Pour over dry ingredients and mix with hands. Line a greased 5 1/2 x 9 1/2 x 2 3/4 inch loaf pan with heavy brown paper. Spoon in Treasure Loaf, pack well. Bake for 1 hour at 325°; reduce heat to 300° for 1 hour.

## RAISED OVEN DOUGHNUTS

Lillian Grant

In a large saucepan, bring just to boiling point: 1 1/2 cups milk. Remove from heat and stir in:

1/3 c. shortening	2 tsp. nutmeg
1/4 c. sugar	1/4 tsp. cinnamon (optional)
2 tsp. salt	

When lukewarm, add:

4 3/4 c. sifted flour	2 cakes yeast, softened in
2 large eggs, well beaten	1/4 c. lukewarm water

Beat dough until well mixed. Cover pan and let stand in a slightly warm place until dough is light and double in bulk, about 50-60 minutes. Turn dough onto well floured board, turning over 2 or 3 times to form a soft ball. (Dough will be soft to handle). Roll dough lightly, avoiding stretching until about 1/2 inch thick. Cut into doughnuts with a 3 inch cutter. Place rings carefully 2 inches apart on greased baking sheets. Brush doughnuts with melted butter or margarine and let rise in a slightly warm place until double in bulk, about 20 minutes. Bake in a preheated hot oven at 425° for 8-10 minutes or until a deep golden brown. As soon as doughnuts are removed from oven, brush again with butter or margarine and roll in granulated sugar. Makes 2 1/2-3 dozen doughnuts.

## ICE CREAM PUMPKIN PIE

Jean Pallogi

1 qt. vanilla ice cream  
1 c. sugar  
1/2 tsp. cloves  
1/2 tsp. allspice  
1 1/2 c. canned pumpkin

1/2 tsp. nutmeg  
1/2 tsp. ginger  
1/2 tsp. salt  
2 eggs

Mix pumpkin mixture and cook until done on top of stove. While still hot, fold in ice cream. Pour into a 9 inch baked pie shell. Freeze until firm. Cut and eat.

## SPICED APPLESAUCE BREAD

Janice Ringhouse

1 1/4 c. applesauce  
1/2 c. oil  
3 Tbsp. milk

1 c. sugar  
3 eggs

Mix well, add:

2 c. flour  
1 tsp. soda  
1/4 tsp. salt  
1/4 tsp. allspice

1/2 tsp. baking powder  
1/2 tsp. cinnamon  
1/4 tsp. nutmeg  
1/2 c. chopped pecans

Mix well and pour into greased baking pans. Top with:

1/4 c. chopped pecans  
1/2 tsp. cinnamon

1/4 c. brown sugar

Bake at 325° for about 1 hour.

## SESAME WHOLE WHEAT BREAD

Patt Woods

Dissolve 3 cakes of yeast in 1 cup warm water. Add 1/2 teaspoon sugar; let set. Melt 6 tablespoons margarine in pan. Add:

1/3 c. brown sugar  
1/4 c. molasses  
3 Tbsp. corn meal  
3 Tbsp. sesame seed

1 1/4 c. evaporated milk  
1 1/2 c. warm water  
2 beaten eggs

Add to yeast. Add 3 cups whole wheat flour; let set covered for 30 minutes. Stir in:

1 Tbsp. salt  
1/3 c. millet (optional)

8 c. white flour

## SESAME WHOLE WHEAT BREAD (Continued)

Knead until smooth. Let rise in greased pan. Divide into 3 loaves. Let rise until double in pans. Bake for 30-40 minutes at 400°. This bread is a fast, crunchy one that lasts well - if it's around long enough to find out!

## REFRIGERATOR ROLLS

Barb Warfield

1 pkg. yeast	1/2 c. sugar
1 c. warm water	1 tsp. salt
1 cube margarine	2 eggs, beaten
1 c. water	6-7 c. flour

Dissolve yeast in warm water. Melt margarine in 1 cup water on stove. Cool. Add sugar, salt, eggs and flour; mix well. Knead 15-20 minutes. Put in greased bowl and refrigerate overnight. Two to 3 hours before serving, shape into favorite rolls. Let rise until double. Bake for 15-20 minutes at 350°.

## BRAN MUFFINS

Iva Morgan

Mix together:

4 c. Kellogg's All-Bran cereal	1/2 lb. dates, raisins and
2 c. Nabisco All-Bran cereal	nuts

Pour 2 cups boiling water over. In separate bowl, combine:

2 1/2 c. sugar	1 qt. buttermilk
1 c. margarine	5 c. flour
4 egg whites, slightly beaten	3 tsp. soda
	1 tsp. salt

Mix with cereal mixture. Bake at 350° until done. (This may be kept in refrigerator for some time and baked when desired).

## DILLY CASSEROLE BREAD

Myrtle Spurling

Soften 1 package yeast in 1/8 cup warm water. Combine in mixing bowl:

1 c. creamed cottage cheese	1 Tbsp. butter
2 Tbsp. sugar	2 tsp. dill weed
1 Tbsp. instant onion	1 scant tsp. soda

## DILLY CASSEROLE BREAD (Continued)

1 unbeaten egg

Softened yeast

Combine in mixing bowl and add 2 cups flour, beating well. Add 1/4 cup flour if necessary to knead dough. Turn into well oiled casserole and let rise in a warm place, free from draft. Punch down and let rise until double in bulk. Bake for 40-50 minutes. Brush with butter and sprinkle with salt, if desired. Good with fish or meat.

## NO-COOK LEMON PIE

Sandy Walker

In a graham cracker crust, add 1 (6 ounce) can lemonade, partially thawed, mixed with a can of Eagle Brand condensed milk. Fold in 1 (9 ounce) container of Cool Whip. Put filling into pie crust and keep cool until serving.

## PIE CRUST

Mabel Morgan

1 c. flour

1/2 tsp. salt

1/2 c. shortening or lard

1/4 tsp. baking powder

1/4 c. cold water

Put flour, salt, baking powder and shortening in bowl and mix. When mixed, add water. Let pie crust rest for 30 minutes to 1 hour. (You may prepare filling at this time). Roll out on pastry cloth. May be rolled again and it will still be flaky..

**\*\* EXTRA RECIPES \*\***

# CAKES COOKIES DESSERTS



# HANDY CHART OF KITCHEN MATH

## (Size of Pans and Baking Dishes)

*Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.*

	<p><b>COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:</b></p> <p><b>4-cup baking dish:</b>            9-inch pie plate            8x1¼-inch layer cake pan—C            7 3/8 x 3 5/8 x 2¼-inch loaf pan—A</p> <p><b>6-cup baking dish:</b>            8 or 9x1½-inch layer cake pan—C            10-inch pie plate            8½ x 3 5/8 x 2 5/8 inch loaf pan—A</p> <p><b>8-cup baking dish:</b>            8x8x2-inch square pan—D            11x7x1½-inch baking pan            9x5x3-inch loaf pan—A</p> <p><b>10-cup baking dish:</b>            9x9x2-inch square pan—D            11¼x7½x1¼-inch baking pan            15x10x1-inch jelly-roll pan</p> <p><b>12-cup baking dish and over:</b>            13½x8½x2-inch glass baking pan      12 cups            13x9x2-inch metal baking pan      15 cups            14x10½x2½-inch roasting pan      19 cups</p>
	<p><b>TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS</b></p> <p><b>Tube Pans:</b>            7½x3-inch "Bundt" tube pan—K      6 cups            9x3½-inch fancy tube or "Bundt" pan J or K      9 cups            9x3½-inch angel cake pan—I      12 cups            10x3¾-inch "Bundt" or "Crownburst" pan—K      12 cups            9x3½-inch fancy tube mold—J      12 cups            10x4-inch fancy tube mold (Kugelhupf)—J      16 cups            10x4-inch angel cake pan—I      18 cups</p> <p><b>Melon Mold:</b>            7x5½x4-inch mold—H      6 cups</p> <p><b>Spring-Form Pans:</b>            8x3-inch pan—B      12 cups            9x3-inch pan—B      16 cups</p> <p><b>Ring Molds:</b>            8½x2¼-inch mold—E      4½ cups            9¼x2¼-inch mold—E      8 cups</p> <p><b>Charlotte Mold:</b>            6x4¼-inch mold—G      7½ cups</p> <p><b>Brioche Pan:</b>            9½x3¼-inch pan—F      8 cups</p>

## CAKES, COOKIES, DESSERTS

### BROWNSTONE FRONT CAKE

Freda Ewing

3/4 c. shortening

3 eggs

2 1/2 c. flour

1 tsp. salt

1/2 tsp. nutmeg

1 c. sour or buttermilk

1 c. nutmeats, if desired

1 1/2 c. brown sugar, firmly packed

1 tsp. soda

1 tsp. cinnamon

1/2 tsp. allspice

1 c. raisins

Mix and bake for 1 hour at 350°.

### LEMON BARS

Kay Winters

2 c. flour

1/2 c. powdered sugar

1 c. butter

4 eggs, beaten

2 c. sugar

1/3 c. lemon juice

1/4 c. flour

1/2 tsp. baking powder

Mix flour and powdered sugar together. Cut in butter. Press into a 13 x 9 x 2 inch pan. Bake at 350° for 20 minutes, until browned. Beat eggs and sugar and lemon juice together. Stir flour and baking powder into egg mixture. Pour over baked crust. Bake at 350° for 25 minutes. Sprinkle with powdered sugar. Cool and cut into squares. Makes 30.

### BANANA NUT CAKE

Helen Korneliussen

1 c. shortening

1 1/2 c. sugar

1/2 c. sour milk or buttermilk

2 eggs

1 c. mashed bananas

1/2 c. chopped dates

1/2 c. chopped nuts

2 c. flour, sifted 3 times

1 tsp. salt

1 tsp. soda

1 tsp. vanilla

Cream shortening and sugar until fluffy. Add eggs; beat until smooth. Beat in bananas. Add rest of ingredients and mix well. Bake for 35-40 minutes at 350°. Makes 2 large layers or 2 loaf cakes. Frost with favorite frosting.

## APPLE PAN DOWDY

Mabel Morgan

1 c. sugar	1 tsp. soda
1 egg	1 tsp. baking powder
1/4 c. shortening	1 tsp. cinnamon
1 c. flour	1 c. each nuts and raisins
1/2 tsp. salt	2 c. chopped apples

Cream sugar and shortening. Add egg and beat well. Add other ingredients and mix. Bake for 45 minutes at 350°. Serve warm with whipped cream or ice cream.

## ROLLED OAT COOKIES

Flossie E. Hobson

Boil hard for 5 minutes:

1 c. raisins	1/2 c. water
1 c. white sugar	

Sift into mixing bowl:

1 1/2 c. flour	1/2 tsp. soda
2 tsp. cinnamon	1 tsp. baking powder
1 tsp. nutmeg	1/2 tsp. salt

Add 1 1/2 cups rolled oats. To cooked raisins, add 1/2 cup bacon drippings and pour into flour mixture. Add 1 egg and beat well. Cool for 15 minutes. Drop by teaspoonfuls on greased cookie sheet. Bake at 350° until crispy.

## BERRY DESSERT

Kay Winters

Crust Mix:

1/4 c. brown sugar	1 cube margarine
1/2 c. chopped nuts	

Bake at 350° until done.

Filling: Have ready 1 (10 ounce) package berries, partly thawed. Beat 2 egg whites until frothy. Add alternately 1 1/2 cups sugar and berries to egg whites. Add:

2 Tbsp. lemon juice	1 c. whipping cream, whipped
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Pour in crust and freeze. Serve slightly frozen.

## NO-BAKE CHOCOLATE COOKIES

Ethel Caron

Combine in saucepan:

1/4 c. butter or margarine	4 Tbsp. cocoa
3 c. sugar (1 brown, 2 white)	1/2 c. milk

Mix well and cook over high heat, stirring constantly for 5 minutes or until butter melts. Remove from heat and add:

1/2 c. peanut butter	1/2-1 c. chopped walnuts
3 c. uncooked rolled oatmeal	

Mix well and drop by spoonfuls on waxed paper. Cool.

## NORWEGIAN BUTTER COOKIES

Diane Cable

Cream:

1 lb. butter	4 c. flour or more
2 c. sugar	4 egg yolks

Chill in refrigerator a few minutes until slightly hard. Cut in quarters and roll on floured board and cut out in desired shapes. Place on ungreased cookie sheet. Beat 1 egg; brush on each cookie and sprinkle with sugar or walnuts. Bake for 10-12 minutes at 400°.

## FRUIT TRIFLE WITH SHERRY

Diana VanNotric

1 pkg. ladyfingers or equivalent in leftover Angel cake	1/4 c. raspberry jam
2 c. fresh or canned fruit (peaches and raspberries are good)	1/4 c. sherry (creme or dry)
	3/4 c. heavy cream, stiffly whipped

For Custard:

1 1/2 Tbsp. cornstarch	1 tsp. vanilla
2 c. milk	3 egg yolks, beaten to mix
1/4 c. sugar	

Spread ladyfingers or large cubes of cake with raspberry jam and place in the bottom of glass bowl. Spoon sherry over and allow to soak into cake. Drain fruit and spread over cake.

For custard, mix cornstarch with milk (1/4 cup). Heat

## FRUIT TRIFLE WITH SHERRY (Continued)

remaining milk with sugar and when it's boiling, remove from heat. Stir in cornstarch mixture. Place back onto heat and continue cooking until it thickens, stirring constantly then simmer 2 minutes. Take from heat again and beat in egg yolks and vanilla. Pour custard over fruit and cake mixture and chill until set. Before serving, spread whipped cream over the custard.

## RASPBERRY RIPPLE DESSERT

Jackie Goethals

1/2 c. butter or margarine	1/4 tsp. salt
1/2 c. brown sugar, packed	1/4 c. milk
1 egg	1 (12 inch) Rye Crisp cracker,
1/2 tsp. vanilla	crushed to 1/2 c. with rolling
3/4 c. sifted flour (all-	pin
purpose)	1/2 c. jam
1/2 tsp. baking powder	1 Tbsp. lemon juice
1/2 tsp. cinnamon	Confectioners sugar

Mix butter, sugar, egg and vanilla. Sift flour, baking powder, cinnamon and salt; add to creamed mixture. Add milk and Rye Crisp. Spread 1/2 of mixture in an 8 inch square pan. Mix jam and lemon juice, spread over batter. Drop remaining batter over top. Swirl over jam. Bake for 20-25 minutes at 400° until cake tests done. Cool. Sprinkle with confectioners sugar.

## GRAHAM CRACKER DESSERT

Virginia Courson

2 eggs, beaten	1 small can crushed pineapple
1 c. sugar	(juice and all)
3 Tbsp. butter	1 Tbsp. cornstarch

Cook together until stiff; cool. Add 1 tablespoon lemon juice to pineapple mixture. Place 9 graham crackers on the bottom of an 8 x 8 inch pan. Pour pineapple mixture over crackers. Sprinkle with chopped nuts. Place 9 graham crackers on top. Prepare 1 package orange jello as directed. Let chill until quite firm. Pour over the crackers, spread 1/2 pint whipped cream on top. Set and serve. Serves 9-12.

## ORANGE MOUSSE

Diana VanNotric

Grated rind and juice of 2  
oranges  
3 eggs  
2 egg yolks  
1/3 c. sugar

1 envelope gelatin  
Juice of 1 lemon  
1/2 c. heavy cream, whipped  
until it holds a soft shape

For decoration:

3/4 c. heavy cream, stiffly  
whipped

1/4 c. slivered almonds,  
browned, chopped (optional)

Use a glass bowl or souffle dish (1 1/2 quart capacity),  
pastry bag and medium star tube.

Put eggs, egg yolks and sugar into a bowl and beat until mixed. Set bowl over a pan of hot, but not boiling, water and beat until mixture is thick and light and leaves a ribbon trail on itself when beater is lifted. If using an electric mixer, no heat is necessary. Sprinkle gelatin over lemon juice and let stand 5 minutes until spongy. Dissolve gelatin over pan of hot water and stir into egg mixture with orange juice and grated rind. Chill bowl over a pan of ice water, stirring gently until mixture is on the point of setting. Fold in lightly whipped cream and pour at once into the glass bowl or souffle dish. Cover and chill at least 2 hours or until set. A short time before serving, put the stiffly whipped cream into the pastry bag filled with star tube and decorate the mousse with a lattice of whipped cream; sprinkle edge with browned almonds.

## UPSIDE-DOWN COBBLER

Una Johnson

Cream together:

1/2 c. sugar

1/4 c. shortening

Add:

1 c. flour

1/8 tsp. salt

2 tsp. baking powder

1/2-2/3 c. milk

Mix cake batter well and spread in bottom of a greased  
1 1/2 quart casserole. Place on top of batter:

2 c. fruit

1 c. juice

1/2-3/4 c. sugar

Bake at 350° for 45 minutes-1 hour. (Fruit to use: Berries,  
peaches, cherries, apricots, apples or pineapple).

## ENGLISH APPLE PIE

Diana VanNotric

Pastry: (1 1/2 c. quantity for pie top crust only):

3 c/ flour  
1/2 tsp. salt  
4-5 Tbsp. cold water

2/3 c. butter, margarine, lard  
or shortening or a mixture of  
butter or margarine with  
shortening

Sift flour with salt into a bowl. Cut in fat with pastry blender or 2 round-bladed knives, using one in each hand. As soon as the pieces of fat are well coated with flour, rub in with fingertips until mixture resembles fine crumbs. Make a well in the center. Pour in 4 tablespoons of water and mix quickly with a knife. Press together with fingers and add more water if needed. Dough should be firm, not sticky. Turn onto a floured board and knead lightly until smooth. Wrap in waxed paper and chill 30 minutes before using.

Filling:

4-5 tart apples  
A little grated lemon rind  
and/or 1 or 2 whole cloves  
(optional)

4-6 Tbsp. brown or white sugar  
Strip of lemon rind

Peel, quarter and core apples and keep covered in a bowl. Put core and peel in saucepan with strip of lemon rind; barely cover with water and simmer 15-20 minutes. Put apple slices in pie dish, slicing each quarter into 2-3 pieces and layering them with sprinkled sugar and lemon rind or cloves. Pile fruit higher than dish (to keep pastry from falling in) and pour enough strained apple juice from cores and peels to fill half the dish. Roll pastry 1/4 inch thick and cut 1 or 2 strips from the sides. Place these strips on water dampened edge of pie dish; press down then brush with cold water. Place remaining pastry on top of pie and trim away excess. Crimp or flute edges with fingers; brush entire pastry with cold water and sprinkle with sugar. Bake on a cookie sheet for 25 minutes (or until brown) at 375°, then 10 minutes or more (until apples are soft) at 350°.

## WANDA'S SUGAR 'N SPICE COOKIES

Ina Sanderson

Mix together thoroughly:

3/4 c. shortening  
1 c. sugar

1 egg  
1/4 c. molasses

## WANDA'S SUGAR 'N SPICE COOKIES (Continued)

Sift together, stir in:

2 c. flour	1 tsp. cinnamon
2 tsp. soda	3/4 tsp. ginger
1/4 tsp. salt	

Mix thoroughly. Form into balls the size of small walnuts. Place 2 inches apart on greased cookie sheet. Bake for 10-12 minutes in a quick oven (375°). Roll in confectioners sugar while still warm. Makes 4-5 dozen cookies, 2 inches in diameter.

## SCOTCH SHORTBREAD

Luella Luther

1/2 lb. butter	2 c. flour
1/2 c. sifted sugar	1/4 tsp. salt

Sift flour and salt together. Cream butter and sugar well in mixer. Add flour gradually. Finally, knead with floured hands in a squeezing motion. Pat dough down in a shallow pan and prick all over with a fork. Place in refrigerator for 1/2 hour. Bake at 350° for 5 minutes then at 300° for 45 minutes or until slightly brown. Sugar lightly in pan while hot. Cut in bars while warm. Store in covered container for several days before serving.

## OATMEAL CAKE

Nancie Elwick

Mix and set aside 20 minutes to cool:

1 1/4 c. boiled water	1 c. oatmeal
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Cream together:

1/2 c. melted shortening	1 c. white sugar
1 c. brown sugar	

Add:

2 beaten eggs	1 tsp. cinnamon
1 tsp. vanilla	1 tsp. soda
1 1/2 c. flour	1/4 tsp. salt

Bake at 350° for 35-40 minutes. Top with:

1 c. coconut	2 or 3 Tbsp. margarine
2/3 c. brown sugar	

Mix with fork to crumb, put on warm cake. Bake 10 more minutes.

## TOFFEE BARS

Nancie Elwick

1/2 c. brown sugar	2 eggs
1/2 c. white sugar	1 c. flour
1 c. soft shortening	1 c. rolled oats
2 tsp. vanilla	1/2 tsp. salt

Blend sugars and shortening and beat well. Add vanilla and eggs, beating well. Add dry ingredients and beat well. Pour into a 9 x 13 inch pan and bake at 350° for 30 minutes. If desired, frost with Butterscotch Frosting.

### Butterscotch Frosting:

1/2 c. brown sugar	1/8 tsp. salt
3 Tbsp. butter or margarine	1/8 tsp. milk

Boil for 3 minutes and add powdered sugar to thicken (approximately 3/4 cup).

## DATE BARS

Wanda Hinds

3 eggs	1 c. walnuts
1 c. flour	1/2 lb. dates
1 c. sugar	Pinch of salt
1 tsp. baking powder	1 tsp. vanilla

Beat egg yolks. Add flour, sugar, baking powder and salt. Add dates and nuts. Fold in stiffly beaten egg whites. Spread in a flat pan and bake in a hot oven until brown. When cool, cut into bars and roll in powdered sugar.

## APPLE OATMEAL BARS

Janice Ringhouse

1 c. flour	1/2 c. brown sugar
1/2 tsp. soda	1 c. oatmeal
1/2 c. shortening	2 Tbsp. butter
2 1/2 c. sliced apples	1/2 c. sugar for fruit
1/2 tsp. salt	

Sift together flour, soda and sugar. Mix with oatmeal. Cut in shortening until crumbly. Spread 1/2 of mixture in greased pan. Dot with butter and fruit and cover with remaining mixture. Bake at 350° for 40-45 minutes.

## PECAN PICK-UPS

Ruby Ringhouse

### Crust:

1 (3 oz.) pkg. cream cheese      1 c. flour  
1 cube (1/2 c.) butter

Mix until smooth, chill overnight. Put a small amount on cup and press evenly around sides and bottoms.

### Filling:

3/4 c. dark brown sugar      1/2 c. chopped pecans  
1 tsp. vanilla      1 egg  
1 Tbsp. melted butter

Mix together well. Put 1 teaspoonful into each cup. Bake at 350° for 22 minutes.

## KITTY COOKIES

Freda Ewing

### Cream until light and fluffy:

1 1/2 c. powdered sugar      3 tsp. vanilla  
1/2 c. granulated sugar      2 c. shortening

Add 2 eggs and beat until smooth then add:

4 c. flour      2 tsp. soda  
2 tsp. cream of tartar      1 1/2 tsp. salt

Mix and roll into balls and press with glass bottom dipped in granulated sugar. Bake 8 minutes at 375°.

## EAGLE COOKIES

Freda Ewing

### Mix together:

2 c. crushed graham crackers      2 c. miniature marshmallows  
6 1/2 oz. pkg. chopped dates      1 can sweetened condensed  
1/2 c. nutmeats      milk

Shape into balls and roll in fine coconut. Chill in refrigerator and serve. (No baking).

## PEANUT BUTTER CHOCOLATE BALLS

Barb Warfield

### Mix:

2 c. powdered sugar	1 c. chopped walnuts
1/2 c. soft butter	1 tsp. vanilla
1 c. peanut butter	

Chill until easy to roll into balls of desired size. Freeze on cookie sheet to make it easier to roll in chocolate. Melt in double boiler:

1 (6 oz.) pkg. chocolate chips	2 Tbsp. paraffin wax
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Roll balls in chocolate.

## OATMEAL CRISPIES

Alice Higgs

1 c. shortening	1 1/2 c. flour
1 c. brown sugar	1 tsp. soda
1 c. white sugar	1 tsp. salt
2 eggs	3 c. quick oats
1 tsp. vanilla	1/2 c. chopped nuts

Cream shortening and sugars. Add eggs and vanilla; beat well. Add sifted dry ingredients. Add oats and nuts; mix well. Chill dough. Bake at 350° for 10 minutes.

## ROLLED SUGAR COOKIES

Betty Bussing

4 c. flour	1 tsp. soda
1 tsp. baking powder	1/3 c. milk
1 c. butter	1/2 tsp. salt
1 c. sugar	1 tsp. vanilla
2 eggs	

Mix flour, baking powder, salt, butter as for pie crust. In another bowl, mix sugar and soda. Add eggs, milk and vanilla to flour mixture then add sugar and soda. Chill 1 hour. Roll and cut on floured board. Keep unused part in refrigerator. Put cut out cookies in a muffin pan and add filling.

### Filling:

5 c. chopped dates	2 1/2 c. sugar
2 1/2 c. chopped nuts	1 1/4 c. water
1 tsp. lemon peel	1 tsp. orange peel

## ROLLED SUGAR COOKIES (Continued)

Cook until thick then cool. Put 1 teaspoonful on cookies. Place a walnut half on top and press filling to edge. Bake at 350° for 12 minutes or until edges are lightly brown.

## CHOCOLATE JUMBO CRISPS

Karen Bussing Butler

1 1/4 c. butter	1/2 tsp. salt
1 tsp. vanilla	6 Tbsp. cocoa
1 1/2 c. sugar	1/4 c. water
1 egg	3 c. oats
1 c. flour	1 (6 oz.) pkg. chips
1/2 tsp. soda	

Mix all together and bake at 350° for 15 minutes.

## APPLESAUCE COOKIES

Bettie Bates

1/2 c. shortening	1 c. nuts
1 c. sugar	1 tsp. soda
1 egg, beaten	2 c. flour
1 c. unsweetened applesauce	1/2 tsp. cinnamon
1/2 tsp. nutmeg	1/2 tsp. cloves
1/2 tsp. salt	1 c. raisins

Cream together shortening, sugar and eggs. Mix applesauce and soda. Sift together dry ingredients. Drop by spoonfuls and bake at 350° for 12 minutes.

## SMOG BARS

Barb Warfield

### First Layer:

1/2 c. butter	1 egg
1/4 c. sugar	2 c. graham cracker crumbs
4 Tbsp. cocoa	1 c. coconut
1 tsp. vanilla	1/2 c. walnuts

Press into a 9 x 9 inch baking pan.

### Second Layer:

1/4 c. butter	3 Tbsp. milk
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## SMOG BARS (Continued)

2 Tbsp. instant vanilla pudding    2 c. powdered sugar

Third Layer: 4 squares melted chocolate.

## COCOA BARS

Arlene Lacker

1/4 c. margarine or butter	1 c. flour
1 c. sugar	2 Tbsp. cocoa
1 tsp. vanilla	1/4 tsp. salt
2 eggs	1/2 c. chopped nuts
1/4 c. milk	

Mix as usual. Bake in an 8 inch square pan at 350° for 20 minutes.

### Cocoa Frosting:

1 1/2 Tbsp. cocoa	1 1/2 tsp. butter
1 Tbsp. milk	2/3 c. powdered sugar
1/4 tsp. vanilla	

Mix and spread over cooled bars.

## CHRISTMAS YULE CAKE

Wanda Hinds

1 1/2 c. whole Brazil nuts	1/2 c. green glazed cherries
1 1/2 c. walnut halves	1/2 c. white raisins
1 c. dates	3/4 c. sifted flour
1 c. (2 (4 oz.) jars) chopped candied pineapple	3/4 c. sugar
1/2 c. red glazed cherries (not maraschino)	1/2 tsp. baking powder
	1/2 tsp. salt
	3 eggs
	1 tsp. vanilla

Grease bottom and sides of a 9 x 5 x 3 inch loaf pan. Line bottom with waxed paper and grease paper. Put nuts, dates, pineapple, cherries and raisins in a large bowl. Measure flour, sugar, baking powder and salt and sift over fruit and nuts; mix well. Beat eggs until light and fluffy. Add vanilla; blend well. Spoon into pan, spread evenly. Bake in a slow oven at 300° for 1 3/4-2 hours, until firm on top. Cool cake in pan 10 minutes. Loosen around edges, turn out on wire cake rack and remove waxed paper. Cool completely. Wrap in foil and keep in refrigerator or keep in freezer and slice as wanted.

## CHOCOLATE MOUNDS

Freda Ewing

2 c. flour	1/2 c. butter or margarine
2 tsp. baking powder	1 c. sugar
1/2 tsp. soda	2 eggs
1 tsp. salt	1/2 tsp. vanilla
1/2 c. cocoa	1 c. milk with 1 Tbsp. vinegar added

Mix and drop by tablespoonfuls on greased baking sheet.  
Bake at 350° for 12-15 minutes. Cool and frost with:

1/2 c. margarine or Fluffo	1 c. powdered sugar
1 tsp. vanilla	

Cream together. Make a smooth paste of:

3 Tbsp. cocoa	1/4 c. hot water
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Add to above mixture; beat until smooth and add:

1 1/2 c. powdered sugar	Enough canned milk to make desired consistency
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## PUMPKIN COOKIES

Freda Ewing

1 1/4 c. brown sugar	2 eggs
1/2 c. shortening	1 1/2 c. pumpkin
1 tsp. vanilla	1 tsp. salt
1/4 tsp. ginger	1/2 tsp. nutmeg
1/2 tsp. cinnamon	1 tsp. lemon extract
2 1/2 tsp. baking powder	2 1/2 c. flour
1 c. raisins	1 c. nuts

Mix and drop by teaspoonfuls on greased cookie sheet. Bake  
at 400° for 15 minutes.

## FRENCH CHOCOLATE CUPS

Myrtle Spurling

Stir 1 cup semi-sweet chocolate chips over hot water until  
melted. Beat:

2 egg yolks	1/4 c. warm water
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Blend with chocolate. Remove from heat and chill about 10

## FRENCH CHOCOLATE CUPS (Continued)

minutes. Meanwhile, whip:

1 c. heavy cream  
A dash of cinnamon

1/4 c. powdered sugar

Fold cream into chocolate mixture and spoon into 6 small dessert bowls. Chill until ready to serve. Garnish with slivered nuts.

## CHOCOLATE CAKE

Day Creek Store

1 1/2 c. buttermilk  
1/2 c. oil

1 egg  
1 tsp. vanilla

Mix and stir well; add:

1 1/2 c. flour, sifted  
1 1/2 c. sugar  
2 heaping Tbsp. cocoa

1 tsp. soda  
1 tsp. salt  
1 tsp. baking powder

Put in a 9 x 9 inch or 9 x 13 inch pan. Bake for 50 minutes at 350° for a 9 x 9 inch or bake for 35 minutes at 350° for a 9 x 13 inch cake.

## CARROT COOKIES

Alyse Roalson

1 c. butter  
3/4 c. sugar  
1 tsp. vanilla  
1 egg  
1 c. shredded carrots

2 c. flour  
2 tsp. baking powder  
1/4 tsp. salt  
1/4 tsp. soda  
1/2 c. walnuts

Put all ingredients in mixer and cream until smooth. Bake for 12 minutes at 375°.

## CARROT CAKE

Alyse Roalson

2 c. sugar  
1 1/2 c. Wesson oil  
4 eggs, unbeaten  
2 c. flour  
2 tsp. baking powder

2 tsp. soda  
1 tsp. salt  
2 tsp. cinnamon  
2 c. grated carrots  
1/2 c. pecans

## CARROT CAKE (Continued)

Cream sugar and oil. Add eggs, one at a time, beating well after each addition. Sift dry ingredients and add to mixture. Fold in carrots and nuts. Pour into long pan or 2 layer cake pans. Bake for 50 minutes to 1 hour at 350°. When cool, frost cake with:

1 box powdered sugar	1 tsp. vanilla
1 cube butter	1 (8 oz.) pkg. cream cheese

## CHERRY CHOW-CHOW

Louisa Bussing

2 c. graham cracker crumbs	1 cube butter
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Spread  $\frac{3}{4}$  of this mixture in a 13 x 9 inch pan. Whip 1 pint whipping cream and 2 tablespoons sugar, 1 teaspoon vanilla and 1 (10 ounce) package miniature marshmallows. Spread  $\frac{1}{2}$  of cream mixture over cracker crust then spread 2 cans cherry pie filling over same. Add balance of cream mixture to top and sprinkle with balance of crumbs.

## EASTER LILLIES

Louisa Bussing

3 eggs, well beaten	1 tsp. baking powder
2 c. sugar	1 dash of salt
1 c. cake flour	1 tsp. vanilla

To beaten eggs, add sugar gradually and beat well. Sift  $\frac{1}{2}$  dry ingredients into mixture and fold in. Add the other  $\frac{1}{2}$  gradually and fold in then add vanilla. Drop large spoonful on greased cookie sheet (just 2 at a time); spread out so they will be 5 inches. Bake 8 minutes at 375°. Shape into cones while hot. Fill with ice cream, pudding or favorite filling.

## OLD KENTUCKY NUT CAKE

Chick Ankney

Cream together until fluffy:

$\frac{2}{3}$ c. soft shortening (half butter for flavor)	1 $\frac{2}{3}$ c. sugar
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Beat in 3 eggs. Sift together:

2 $\frac{2}{3}$ c. flour	1 tsp. salt
2 tsp. baking powder	

## OLD KENTUCKY NUT CAKE (Continued)

Stir in alternately with:

1 c. milk

1 tsp. vanilla

Fold in 1 1/2 cups nuts. Bake at 350° for 25-30 minutes. Cool. Top with Penuche Icing.

Penuche Icing:

2 2/3 c. brown sugar

2/3 c. shortening

2/3 c. milk

1/3 tsp. salt

Stir over low heat then bring rapidly to a boil, stirring constantly. Boil to 220° or exactly 1 minute. Remove from heat. Beat until lukewarm and of right consistency to spread.

## CRISP SUGAR COOKIES

Susan Ringhouse

1 1/2 c. sugar

1/2 tsp. lemon extract

1 c. shortening (or part  
butter for flavor)

3 c. flour, sifted

2 eggs, unbeaten

1/2 tsp. soda

3 Tbsp. sweet or sour cream

1/2 tsp. salt

1 tsp. vanilla

Mix all ingredients well and chill. Roll out a small amount at a time, very thin, on lightly floured board or canvas. Cut with various shaped cookie cutters. Place on ungreased baking sheet. Sprinkle with sugar or colored candies. Bake at 400° for 6-9 minutes. Makes 4 dozen.

## PINEAPPLE CAKE

Alice Higgs

2 eggs

1/2 c. chopped pecans

2 Tbsp. cooking oil

2 c. sugar

2 c. flour

2 tsp. soda

1 tsp. salt

2 1/4 c. pineapple and juice

1 tsp. vanilla

Cream eggs, sugar and cooking oil. Sift together flour, soda and salt. Add pineapple with flour and creamed mixture. Beat well after each addition then add vanilla and pecans. Pour into greased and floured 9 x 13 inch pan at 350° for 30 minutes. When cooled, frost with Crazy Cake Frosting.

## BLUEBERRY CREAM CHEESE SQUARES

Barbara Warfield

1/4 c. cornstarch	1 1/2 cubes margarine, melted
1/2 c. sugar	2 (8 oz.) pkg. cream cheese
1/2 c. water	1 1/2 c. sugar
3 c. blueberries	2 tsp. vanilla
1 (13 1/2 oz.) pkg. graham cracker crumbs	1 (9 oz.) pkg. frozen whipped topping

Mix cornstarch, sugar, water and blueberries and cook, stirring constantly until sauce bubbles and thickens. Cool. Combine cracker crumbs and melted margarine. Press half of crumbs into a 9 x 13 inch pan. Mash cream cheese until soft and gradually beat in sugar and vanilla. Fold in whipped topping. Spread half of this mixture over crumbs. Next, spread blueberry mixture, followed by other half of cream cheese mixture and rest of graham cracker crumbs. Chill overnight.

## BLACK CHOCOLATE CAKE

Ellen Johnson

1 c. sugar	1 egg
1/4 c. shortening	1 tsp. vanilla
1/2 c. sour milk	1 tsp. soda (in milk)
1 c. flour	1 1/2 sq. chocolate
	1/2 c. boiling water

Mix in order given. Melt chocolate and pour boiling water over melted chocolate. Bake in a greased and floured 8 x 8 inch pan.

## MISSISSIPPI MUD CAKE

Lois Nersten

2 c. flour	1/2 tsp. salt
2 c. sugar	1 tsp. soda
2 cubes margarine	3 Tbsp. cocoa
2 eggs	1 c. water
1 tsp. vanilla	1/2 c. buttermilk

Boil margarine, water and cocoa. Mix flour, sugar, salt and pour margarine mixture over flour mixture. Add beaten egg and buttermilk then add soda and vanilla. Pour into well greased jelly roll pan. Bake at 350° for 20 minutes. While cake is baking, boil:

1 cube margarine

Dash of salt

## MISSISSIPPI MUD CAKE (Continued)

6 Tbsp. milk  
3 Tbsp. cocoa

1 tsp. vanilla

Remove from heat and add:  
1 lb. powdered sugar

1/2 c. nuts

Pour over cake while warm.

## STEAMED PUDDING

Ina Sanderson

1 c. sugar  
1/2 c. butter  
2 eggs, beaten  
1 c. sour milk  
1 c. flour

1 tsp. soda  
1 tsp. cinnamon  
Speck of salt  
2 c. dry bread crumbs  
1 c. raisins

Cream together sugar and butter. Add beaten eggs and mix well. Sift dry ingredients together and add alternately with sour milk. Add bread crumbs and raisins last; mix well. Steam in greased tin cans about 4 hours. Serve warm.

Sauce:

1 c. sugar  
1 Tbsp. cornstarch  
4 Tbsp. butter

1 tsp. vanilla  
1 tsp. lemon extract

Mix sugar and cornstarch well. Add butter and vanilla and lemon extract. Add enough boiling water gradually, stirring until thickened. Boil 5 minutes on low heat.

## APPLE CRISP

Lillian Grant

Butter a deep baking dish. Put 4 cups sliced, peeled tart apples and 1/2 cup water in dish. Mix with a fork:

3/4 c. flour  
1 c. white or brown sugar  
1 tsp. cinnamon

1/2 c. butter  
1/4 tsp. salt

Spread over apples. Bake at 350° for 30 minutes or until apples are tender and crust is brown. Serve with ice cream or whipped cream.

## COFFEE BARS

Barb Eden

2 eggs	1 tsp. soda
1 c. coffee (not boiling)	1 c. oil
1 lb. brown sugar	1 tsp. vanilla
3 c. flour	1 c. chocolate chips
1 tsp. salt	

Mix and pour into jelly roll pan. Sprinkle with chocolate chips. Bake at 350° for 25-30 minutes.

## BAKERY FROSTING

Vi Whiting

Blend;	
5 Tbsp. flour	1 c. milk

Cook to a very thick paste, stirring constantly. Let stand at room temperature until cool. Measure into bowl;

1 c. butter	1 c. sugar
1 tsp. vanilla	

Cream until very light and fluffy. Gradually add flour-milk paste; Beat about 10 minutes, until sugar is completely dissolved and mixture is consistency of whipped cream.

## HOLIDAY CRANBERRY CAKE

Karen Morgan

1 lb. 3 oz. pkg. lemon cake mix	4 eggs
1 (3 oz.) pkg. cream cheese, softened	1 1/4 c. ground cranberries
3/4 c. milk	1/2 c. ground walnuts
	1/4 c. sugar
	1 tsp. ground mace

Blend cake mix, cream cheese and milk; beat with mixer for 2 minutes at medium speed. Add eggs, one at a time; beat 2 minutes. Run berries through food chopper while frozen to save a mess. Combine berries, nuts, sugar and mace. Fold into cake batter. Pour into well greased and floured 10 inch tube pan. Bake at 350° for 1 hour or until done. Cool 5 minutes. Remove from pan. Cool on rack. Dust with confectioners sugar. Makes 12 servings.

## LUSCIOUS BLUEBERRY CAKE

Karen Morgan

3 c. sifted flour	2 tsp. vanilla
2 tsp. baking powder	2/3 c. milk
1/2 tsp. salt	1/2 c. sugar
1 c. shortening	3 c. blueberries (fresh, frozen or canned, drained)
1 1/2 c. sugar	1 Tbsp. flour
4 eggs, separated	Confectioners sugar

Sift together flour, baking powder and salt. Cream shortening and 1 1/2 cups sugar. Add egg yolks and vanilla. Add dry ingredients alternately with milk; beat well. Beat egg whites until stiff. Gradually add 1/2 cup sugar; fold into batter. Combine blueberries and 1 tablespoon flour; fold into batter. Pour into a greased 9 x 13 inch pan. Bake at 350° for 50 minutes or until done. Sprinkle with confectioners sugar. A blueberry sauce (like pie filling) may be spooned over each serving. Makes a large cake, but doesn't last long!

## RHUBARB CRUMB CAKE

Valerie Bisby

1/2 c. shortening	1 c. buttermilk
1 1/2 c. brown sugar	2 c. flour
1 egg	1 1/2 c. rhubarb
1 tsp. soda	1 tsp. vanilla

Cream sugar, shortening and egg. Combine soda and buttermilk. Alternate with flour. Stir in rhubarb and vanilla. Bake in a 9 x 13 inch pan for 30-40 minutes at 350°. Put on topping before baking:

### Topping:

1 1/2 c. white sugar	1 Tbsp. melted butter
1 tsp. cinnamon	

## CARMELITA BARS

Darlene Manley

1 c. flour	3/4 c. melted butter
1 c. rolled oats	1 c. semi-sweet chocolate chips
3/4 c. packed brown sugar	1/2 c. chopped nuts
1/2 tsp. soda	3/4 c. caramel ice cream topping
1/4 tsp. salt	3 Tbsp. flour

## CARMELITA BARS (Continued)

Combine flour, oats, brown sugar, soda, salt and melted butter. Blend to form crumbs. Press half of crumbs into bottom of an 11 x 7 inch pan. Bake at 350° for 10 minutes. Remove from oven. Sprinkle with chocolate chips and nuts. Blend topping with flour and pour over chips and nuts. Sprinkle with remaining crumb mixture. Bake for 15-20 minutes or until golden brown. Chill 1-2 hours. Cut into bars.

## SEVEN LAYER BARS

Karen Morgan

1/4 c. butter or margarine	1 (6 oz.) pkg. butterscotch chips
1 c. graham cracker crumbs	
1 c. shredded coconut	1 (15 oz.) can sweetened condensed milk
1 (6 oz.) pkg. semi-sweet chocolate chips	1 c. chopped nuts

Melt butter in a 9 x 13 inch pan. Sprinkle crumbs over evenly. Put ingredients in in layers as given. Press lightly into pan. Bake at 350° for 30 minutes. Cool in pan and cut into squares. Rich and chewy. Nice for Christmas giving.

## GOOD SUGAR COOKIES

Mrs. Leon Meyers

2/3 c. shortening	2 c. flour
3/4 c. sugar	1 1/2 tsp. baking powder
1 egg	1/4 tsp. salt
1/2 tsp. vanilla	4 tsp. milk
1/2 tsp. grated orange peel	

Cream together shortening and sugar. Add egg; beat until mixture is light and fluffy. Add vanilla, orange peel and mix. Sift dry ingredients and stir into creamed mixture, together with milk. Divide dough in half and chill slightly. Roll out dough and cut out with your favorite cutter. Use greased cookie sheet. Sprinkle with sugar and bake in a moderate oven at 375° for about 12 minutes. Makes 2 dozen.

## LEMON LOVE NOTES

Karen Morgan

1/2 c. butter	1 c. sugar
1 c. sifted flour	2 Tbsp. flour
1/4 c. powdered sugar	1/2 tsp. baking powder

## LEMON LOVE NOTES (Continued)

2 eggs, beaten  
2 Tbsp. lemon juice

2 tsp. grated lemon peel

Mix butter, 1 cup flour and powdered sugar; press into an ungreased 8 inch square pan. Bake at 350° for 8 minutes or until golden. Cool in pan. Combine sugar, 2 tablespoons flour and baking powder. Add eggs, lemon juice and peel; mix well. Pour over baked, cooled mixture in pan. Bake at 350° for 25 minutes. Cool and cut into squares. Sprinkle with powdered sugar. This recipe may be doubled and baked in a 9 x 13 inch pan.

## MOCHA NUT BUTTERBALLS

Kathy Wolfe

1 c. sweet butter, softened	1/4 c. cocoa
1/2 c. granulated sugar	1 3/4 c. flour
2 tsp. vanilla	1/2 tsp. salt
2 c. finely chopped nuts	Powdered sugar
2 tsp. instant coffee	

Preheat oven to 325°. Thoroughly grease cookie sheets. Cream butter and sugar. Add vanilla, nuts, coffee, cocoa, flour and salt. Shape into 1 inch balls and bake on cookie sheet for 15 minutes. When cooled, roll in powdered sugar.

## FRESH STRAWBERRY CAKE

Kathy Wolfe

2 1/4 c. sifted cake flour	1 1/2 c. superfine granulated sugar
1/4 tsp. salt	2 large eggs
2 1/2 tsp. baking powder	3/4 c. fresh, crushed unsweetened strawberries
1/2 c. butter	
1 tsp. vanilla	

Sift flour with salt and baking powder. Combine butter, sugar, eggs and vanilla in a bowl. Beat with electric mixer for 3 minutes, scraping sides once or twice. Add flour mixture alternately with strawberries. Blend into creamed mixture and beat 2 minutes. Turn batter into 2 (8 inch) round layer pans that have been buttered, lined with waxed paper and buttered again. Tap pans on counter to release excess air and bake at 350° for 25-30 minutes. Cool in pans for 5 minutes then turn on racks. Remove waxed paper carefully while layers are still warm. When cool, frost with whipped cream, sweetened with a little sugar. Garnish with sliced strawberries.

## CHERRY CREAM PIE

Margo Leahy

### Vanilla Wafer Crust:

1 1/3 c. vanilla wafer crumbs      1/2 stick melted butter  
2 Tbsp. sugar

Combine and press into a 9 inch pie plate.

### Filling:

1 pkg. instant vanilla pudding      1 c. milk  
1 c. sour cream

Combine and pour into crust and chill. Top with cherry filling (store bought) or the following:

2 c. cherries      1/4 tsp. cinnamon  
3/4 c. sugar      Red food coloring  
1/4 c. cornstarch

## SPARKLES (Yield: 5 dozen)

Barb Eden

6 c. flour      1 c. shortening  
4 tsp. baking powder      2 c. sugar  
2 tsp. cinnamon      2 eggs  
1 tsp. salt      1/2 c. white Karo syrup  
2 tsp. lemon

Mix together and form into balls. Dip into sugar. Place on cookie sheet and flatten with fork or hand. Bake at 375° for 8-10 minutes. If desired, add 1 cup coconut or omit cinnamon and lemon flavor and add 1 package chocolate chips and 4 teaspoons vanilla.

## ALMOND ANGEL TORTE

Linda Buchanan

1 pkg. Betty Crocker's      1 (13 1/2 oz.) can drained  
    traditional Angel Food cake      pineapple tidbits  
1 c. chilled whipping cream      3 oz. instant vanilla pudding  
1 tsp. almond extract      Toasted slivered almonds  
    Chopped maraschino cherries

Bake cake as directed, cool. Beat whipping cream. Fold cream, extract and pineapple into prepared pudding. Tear cake

## ALMOND ANGEL TORTE (Continued)

into bite size pieces. Place 1/3 of cubes in pan. Spread 1/3 of pudding mixture over cake. Repeat twice. Chill 3 hours. Just before serving, garnish with almonds and cherries.

## SOUR CREAM COOKIES

Linda Buchanan

1/2 c. shortening	2 1/2 c. flour
1 c. sugar	1 1/2 tsp. baking powder
1/2 c. sour cream (may use dairy)	1/2 tsp. salt
2 eggs, beaten	1/4 tsp. soda
	1/2 tsp. vanilla

Topping: Mix in small bowl:

1 tsp. cinnamon	3 Tbsp. sugar
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Cream shortening and sugar. Add eggs. Put soda in sour cream and add to creamed mixture. Add sifted flour, salt, baking powder. Add vanilla and mix well. Roll into balls then roll in topping mixture. Flatten cookies. Bake at 350° for 10 minutes.

## ZUCCHINI CAKE

Bettie Bates

3 eggs	1 1/2 tsp. soda
2 1/2 c. sugar	1 1/2 tsp. salt
2 c. grated zucchini	1 c. nuts or raisins
3 c. flour	1 tsp. vanilla
1 tsp. baking powder	1 c. oil
2 tsp. cinnamon	

Mix together eggs, sugar and oil. Add zucchini. Add sifted ingredients; beat well. Add raisins, nuts. Bake at 350° for 45 minutes or until done.

Frosting:

3 oz. cream cheese	2 c. powdered sugar
1 1/2 Tbsp. butter	

Cream together.

## CHERRY-O CREAM CHEESE PIE

Barb Warfield

Combine and press in a 9 inch pie plate:

1 1/4 c. graham cracker crumbs	1/3 c. butter, melted 1/4 c. sugar
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Refrigerate until ready to fill.

1 (8 oz.) pkg. cream cheese	1/2 c. ReaLemon lemon juice
1 (14 oz.) can Eagle Brand milk	1 tsp. vanilla

Beat cream cheese until light and fluffy. Add Eagle Brand milk; blend thoroughly. Stir in lemon juice and vanilla. Pour into crust. Chill 2-3 hours. Top with 1 can cherry pie filling before serving.

## SCOTCH APPLE DUMPLINGS

Wanda Hinds

Bring to a boil in a large saucepan:

2 c. sugar	3 c. water
1/2 cube margarine	

Mix:

2 c. flour	1/2 c. shortening
2 1/4 tsp. baking powder	2/3 c. milk
Pinch of salt	

Mix dough. Roll out thin. Cut into pieces large enough to cover 3/4 of an apple. Put dumplings into boiling sauce. Boil slowly about 45 minutes, covered, then take lid off and brown in oven about 15 minutes or until lightly browned.

## FRUIT COBBLER

Arlene Tacker

2 Tbsp. butter	2 tsp. baking powder
3/4 c. sugar	1/4 tsp. salt
1/2 c. milk	2 c. fruit
1 c. flour	1/2 c. hot water

Cream butter with 1/2 cup sugar. Add mixture of flour, baking powder and salt alternately with milk. Mix until smooth and turn into buttered 8 inch square pan. Put fruit on top. Sprinkle 1/4 cup sugar over then pour hot water over all. Bake at 350° for 40 minutes, until done. Serve warm with cream or milk.

## CHERRY DELIGHT

Alice Higgs

### Crust:

1 pkg. graham crackers  
1/2 stick butter

1/2 c. powdered sugar

Blend well. Make crust in bottom of pan.

### Middle:

1 pkg. cream cheese  
1 pkg. Dream Whip (small)

1/4 c. sugar  
3/4 c. milk (mix with Dream  
Whip)

Mix sugar and softened cream cheese; mix into Dream Whip.

**Top:** Have ready 1 can cherry pie filling. Add 1/4 cup sugar. Pour over above for topping. Use a 12 x 12 inch pan.

## PEACHES 'N CREAM CHEESE CAKE

Chick Ankney

3/4 c. flour  
1 tsp. baking powder  
1/2 tsp. salt  
3 1/4 oz. pkg. dry vanilla  
pudding mix (not instant)

3 Tbsp. butter or margarine,  
softened  
1 egg  
1/2 c. milk

Combine in large mixing bowl; beat for 2 minutes at medium speed. Pour into a greased 9 inch deep dish. Place over batter 1 (15-20 ounce) can sliced peaches or pineapple chunks, well drained. Reserve juice. Combine in small mixer bowl:

1 (8 oz.) pkg. cream cheese,  
softened

3 Tbsp. reserved juice  
1/2 c. sugar

Beat 2 minutes at medium speed. Spoon onto peaches to within an inch of edge of batter. Combine:

1 Tbsp. sugar

1/2 tsp. cinnamon

Sprinkle over cream cheese filling. Bake at 350° for 30-35 minutes, until crust is golden brown. Filling will appear soft. Store in refrigerator.

## BE MY VALENTINE CAKE

Diane Fredrickson

2 1/4 c. flour	1 c. milk
1 1/4 c. sugar	1/2 c. shortening
1 Tbsp. baking powder	2 eggs
1 tsp. salt	1 tsp. almond extract

Oven: 350°. Makes 2 (8 inch) layers.

Grease and flour bottoms of 2 (8 inch) round or heart-shaped pans. In large mixer bowl, combine flour, sugar, baking powder and salt. Add milk and shortening. Blend well at lowest speed of mixer. Beat 1 1/2 minutes. Pour batter into pans. Bake at 350° for 30-35 minutes until cake springs back when lightly touched in center. Cool in pans for 5 minutes. Remove from pans; cool completely. Frost with topping.

### Topping:

1 (14 oz.) can sweetened condensed milk	1 tsp. almond extract
1 (3 oz.) pkg. Wyler's strawberry drink mix	1 (4 1/2 oz.) container frozen whipped topping
1/3 c. lemon juice	Valentine candies or sprinkles for garnish

In medium size bowl, dissolve drink mix in lemon juice; stir in sweetened condensed milk and almond extract. Fold in whipped topping and stir until smooth. Chill 1 hour to thicken. Fill and frost cake; garnish as desired. Store in refrigerator.

## MIXED-UP DROP COOKIES

Carol Fredrickson

2 c. shortening	1/2 tsp. salt
2 c. brown sugar	4 c. flour
2 c. white sugar	4 c. oatmeal
4 eggs	2 c. coconut
2 tsp. vanilla	2 c. chopped nuts
1 tsp. baking powder	4 c. Rice Krispies
2 tsp. soda	

Mix in order given. Drop onto greased baking sheet by rounded teaspoonfuls. Bake at 350° for 10-12 minutes. Makes about 10 dozen cookies.

## DAIQUIRI FROSTING

Charlene P. Robinson

Yield: Enough for 2 (9 inch) layers or 2 dozen cupcakes.

1/2 c. butter  
1 lb. (about 3 1/2 c.) sifted  
confectioners sugar  
Dash of salt  
5 Tbsp. milk

1 pkg. Bar-Tender's brand  
daiquiri cocktail mix  
1 tsp. rum extract  
Few drops green food coloring

Cream butter; gradually add sugar, stirring until well blended. Add salt. Add daiquiri mix to milk and dissolve; mix well. Add to butter-sugar mixture, a little at a time, until it is a good spreading consistency. Beat until fluffy. Add rum extract. Add enough green food coloring to get desired color.

## EASY TO MAKE PEANUT BUTTER COOKIES Nelda Schimke

2 c. Bisquick mix  
1 c. sugar

1 c. peanut butter  
1/2 c. water

Mix all together until well blended. Bake at 400° for 8-10 minutes.

## APRICOT CAKE

Nelda Schimke

Butter a 13 x 9 inch cake pan. Pour 1 quart apricots plus juice into pan. Mix 1 package white cake mix as directed on package. Pour batter over apricots. Bake like regular cake mix on box. (350° for 30-35 minutes).

## APPLE CRUNCH PIE FILLING

Flossie E. Hobson

6 c. chopped apples  
1 Tbsp. lemon juice  
1/4 c. butter  
1/2 tsp. cinnamon

1/2 tsp. nutmeg  
2/3 c. brown sugar  
1/2 c. flour

Mix together and pour into unbaked pie crusts after putting on top crust; dot top with 1 tablespoon shortening, 1 tablespoon flour and 1 tablespoon sugar, which has been mixed together into a paste and dotted on top of crust. This makes a nice crisp top crust.

## MYSTERY CAKE PUDDING

Evelyn Rathje

3/4 c. sugar  
1 c. flour

1 1/2 tsp. soda  
1/2 tsp. salt

Mix together then add:

1/2 c. brown sugar  
1/4 c. syrup from fruit cocktail  
1 (No. 303) can drained cocktail

1 egg  
1/2 c. walnuts

Mix all together and put in an oblong pan, 9 x 13 inches. Sprinkle with 1/2 cup brown sugar on top. Bake for 50 or 60 minutes. Serve with whipped cream.

## KATIE'S COBBLER TOP

Carol King

1 c. flour  
1 c. sugar  
4 Tbsp. shortening

2 tsp. baking powder  
1/2 tsp. salt

Mix together until like corn meal. Place fruit into flat baking dish (9 x 12 inches). Sweeten the fruit a little then sprinkle 3/4 cup cold water over. Cover fruit with mixture and bake for 45 minutes to 1 hour at 350°.

## PUDDING CAKE

Vi Whiting

1 pkg. yellow Jiffy cake mix  
1 (8 oz.) pkg. Philadelphia  
cream cheese  
3 1/2 c. milk

1 large pkg. instant vanilla  
pudding  
1 large can crushed pineapple,  
drained

Bake cake, cool completely. Mix cream cheese and 1/2 cup milk until well creamed. Add pudding mix powder then add 3 cups milk and beat until stiff. Spread well drained pineapple over top of cold cake. Spread pudding mixture over pineapple. Spread Cool Whip evenly over top. Refrigerate overnight.

## CREAM SCONES

Diana VanNotric

Sift into a bowl:

2 c. flour  
2 tsp. sugar  
1/2 tsp. salt

4 tsp. tartrate-type baking  
powder or 2 tsp. double-  
action powder

## CREAM SCONES (Continued)

Work in as for pie pastry 4 tablespoons butter. Mix together and add to flour mixture:

2 eggs

1/2 c. cream or canned milk

Gently knead dough on floured board for about 30 seconds then shape into 3 flattened circles. Quarter each circle and place each section on a greased cookie sheet. Brush the tops with an egg yolk and cream mixture. Bake about 15 minutes at 450° (until golden brown). Serve hot with butter, honey or jam or use as biscuit for shortcake.

## BOILED CHOCOLATE FROSTING

Linda Buchanan

1 c. sugar

1/4 c. butter

1/3 c. Hershey's cocoa

1/4 c. milk

Boil 1 minute; beat until thickened. Spread on cake.

## ICING FOR CRAZY CAKE

Lillian Grant

1 (8 oz.) pkg. cream cheese

1 tsp. vanilla

1/2 c. butter

1 c. chopped nuts

1 lb. box powdered sugar

Soften cheese and butter together; mix well. Beat all remaining ingredients together (will be stiff at first).

## GINGERBREAD CAKE

Gladys Garrett

1 c. sugar

1 c. boiling water

3/4 c. oil

2 tsp. soda

1/2 c. dark brown sugar

2 eggs

1 c. molasses

2 1/2 c. sifted flour

1 tsp. each ginger, cloves,  
cinnamon

Dissolve soda in boiling water. Mix all ingredients thoroughly together. Bake in greased and floured pan at 350° for 30-40 minutes.

## LEMON PUDDING

Gladys Garrett

1 c. sugar  
1 Tbsp. butter  
2 beaten egg yolks  
1 c. milk

Juice of 1 lemon and grate rind  
in  
2 Tbsp. sifted flour

Cream sugar and butter together. Add egg yolks, flour, lemon juice and rind and milk. Fold in beaten egg whites. Bake in pan of water at 300° for 45 minutes.

## APPLESAUCE CAKE

Marjorie Spencer

1 c. shortening  
2 c. sugar  
3 eggs  
3 c. flour  
2 tsp. cinnamon

2 tsp. cloves  
2 tsp. nutmeg  
2 tsp. soda  
2 c. applesauce  
2 c. raisins  
1 c. nuts

Cream shortening and sugar until fluffy. Add eggs. Sift together flour and spices. Mix soda and applesauce together and add alternately with sifted dry ingredients. Fold in nuts and raisins and bake in a greased 9 x 13 inch pan at 350° for 1 hour. This is a lunchbox favorite.

## WAFFLE IRON COOKIES

Nelda Schimke

Cream together:

1 c. margarine

1 3/4 c. sugar

Add:

1/2 c. instant cocoa  
2 tsp. vanilla

4 eggs

Mix well; add:

1 tsp. salt

3 c. flour

Drop by teaspoonfuls, one in each section of waffle iron. Bake for 1 1/2-2 minutes at medium temperature. Frost, if desired, but certainly not needed or sprinkle with powdered sugar. Thanks, Hazel.

## DREAMY CHOCOLATE BARS

(Approximately 24 bars.)

Ms. Alison Zak-Blum

1 c. flour  
1/2 c. brown sugar

1/2 c. butter or margarine

Mix together until mixture has a pie crust consistency. Pat mixture in bottom of buttered 9 x 13 inch pan. Bake at 350° until slightly brown. While crust is baking, prepare top layer:

1 c. brown sugar  
2 Tbsp. flour  
1/2 tsp. baking powder  
1 tsp. vanilla extract

1/4 tsp. salt  
12 oz. semi-sweet chocolate chips  
2 beaten eggs

Mix together. Pour and spread mixture evenly over bottom layer in pan. Bake at 350° for 20-25 minutes. When cool, cut into bars and sprinkle with powdered sugar.

## MERRY BERRY CAKE

Ms. Alison Zak-Blum

2 c. flour  
1 tsp. soda  
1/2 tsp. salt  
1 1/4 c. white sugar or 3/4 c. brown sugar

2 eggs  
1/2 c. oil  
1/2 c. sour cream  
2 c. berries

Sift together dry ingredients. Add eggs, oil and sour cream then berries. Bake in a 9 x 5 inch loaf pan at 375° for 45 minutes or until done.

## CHEESE CAKE COOKIES

(16 cookies, 2 inches square.)

Ms. Alison Zak-Blum

1/3 c. butter or margarine  
1/3 c. brown sugar  
1 c. whole wheat flour  
1/2 c. chopped walnuts or toasted sesame seeds or roasted sunflower seeds  
1/4 c. honey

8 oz. cream cheese  
1 egg  
2 Tbsp. milk  
1 Tbsp. lemon juice  
Grated peel of 1 lemon  
1/2 tsp. vanilla extract  
1/2 tsp. nutmeg (optional)

Garnish: Fruit slices, orange, apple, banana, strawberry; chopped nutmeats: Almonds, walnuts, Brazil nuts.

Blend together with pastry cutter to make a crumbly texture:

## CHEESE CAKE COOKIES (Continued)

whole wheat flour, brown sugar and butter or margarine. Mix in chopped nuts or seeds. Reserve 1/2 cup for topping. Press remainder into oiled 8 inch square pan and bake at 350° for 12-15 minutes. Soften cream cheese with mixing spoon. Blend in honey. Blend in remaining ingredients and beat well. Spread over baked crust. Sprinkle reserved crust. Garnish with fruit slices and nut-meats. Bake at 350° for 25 minutes. Cool and cut in 2 inch squares.

Note: If using strawberries, place on cheese cake after baking.

## BUTTERY LEMON SQUARES

Kathleen Fant

1 c. butter or margarine  
1/2 c. powdered sugar

2 c. flour

Cream butter and sugar together. Add flour, beating until well blended. Spread evenly over bottom of a 9 x 13 inch baking pan. Bake at 350° for 20 minutes.

4 eggs  
2 c. granulated sugar  
1 tsp. grated lemon peel

1 tsp. baking powder  
1/3 c. flour  
6 Tbsp. lemon juice

Beat eggs until light. Gradually add granulated sugar, beating until thick and blended. Add peel and juice, flour and baking powder; beat until thoroughly blended. Pour over top of baked crust and return to oven for 15-20 minutes or until pale gold. Remove from oven and sprinkle 3 tablespoons powdered sugar on top. Cool. Cut in small pieces. Makes about 20 bars. Very good with hot lemon tea!

## CRUMB CAKE (No eggs)

Una Johnson

1 c. sugar  
1/2 c. shortening  
2 c. flour  
1/4 tsp. salt  
1 c. sour cream

1/2 tsp. baking soda  
1 tsp. baking powder  
1 c. raisins  
1 tsp. cinnamon

Sift flour. Cream sugar and shortening. Add flour, cinnamon and salt; mix until crumbly. Save 1/2 cup of this mixture for top of cake. Combine remainder with milk and raisins; beat

## CRUMB CAKE (Continued)

thoroughly. Add baking powder and soda; mix well. Place in pan and sprinkle with crumbs. Bake at 350° for 40 minutes.

## MAN-SIZED OATMEAL COOKIES

Una Johnson

1 c. sugar	2 c. oats
2 c. flour	1 c. raisins
1 tsp. cinnamon	2 eggs
1 tsp. nutmeg	1/2 c. milk
1 tsp. salt	3/4 c. oil
1 tsp. soda	1 tsp. vanilla

Mix dry ingredients together and add to wet ingredients. Mix well and spoon on baking sheets. Bake at 350° for 15-18 minutes. Makes 30 cookies.

## RAISIN COOKIES

Joyce Roalson

2 c. seedless raisins	1/4 tsp. allspice
1 c. water	2 c. sugar
1 tsp. soda	3 eggs, beaten
1 c. shortening	1 tsp. vanilla
2 tsp. salt	4 c. flour
1 1/2 tsp. cinnamon	1 tsp. baking powder
1/4 tsp. nutmeg	1 c. chopped nuts

Boil raisins and water for 5 minutes. Should have 1/2 cup liquid left. Cool. Add soda. Cream shortening with salt, spices and sugar until fluffy. Add eggs, vanilla and cooled raisin mixture. Add dry ingredients and nuts, chill. Drop by teaspoonfuls onto greased cookie sheet. Bake for 12-15 minutes at 375°. Makes 6 dozen.

## RICE PUDDING

Gail Quigley

2 c. cooked brown rice	3 eggs, beaten
3 c. milk	1 c. raisins
1/2 c. honey	1/2 c. nuts, coarsely ground
1 apple with skin, grated	1/2 tsp. cinnamon, ground
1 Tbsp. flour	1 tsp. powdered fruit rind

Blend all ingredients. Turn into oiled custard cups. Bake at 350° until set, about 30 minutes. Serve hot or cold, topped with yogurt. Serves 6-8.

## HUCKLEBERRY OR BLUEBERRY GRUNT

Diane McManis

2 c. huckleberries or blue-  
berries, washed, drained  
1 c. sugar  
1 c. water  
1 c. flour

2 tsp. baking powder  
1/4 tsp. salt  
1/2 c. milk or amount needed  
Whipped cream

1. Combine berries, sugar and water in large saucepan that has cover. Bring to a boil. Lower heat and simmer for 10 minutes; set aside. 2. Sift flour, baking powder and salt. Stir in enough milk to make a dough, just soft enough to drop from spoon. 3. Return berry sauce to heat and bring to a boil. 4. Drop dumpling dough from teaspoon into boiling sauce. 5. Reduce heat to medium and cook uncovered for 10 minutes. 6. Cover pan and cook 10 minutes more. 7. Serve hot, either plain or with whipped cream. Serves 4.

**\*\* EXTRA RECIPES \*\***

\*\* EXTRA RECIPES \*\*

# CANDY JELLY PRESERVES



# TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about  $\frac{1}{2}$  teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZING**, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

## CANDY, JELLY, PRESERVES

### PENOCHE

Vida Fredrickson

2 c. brown or maple sugar	2 Tbsp. butter
3/4 c. milk	1 tsp. vanilla
2 c. chopped nuts	

Boil sugar and milk to soft ball stage. Remove from fire. Add butter, flavoring and nuts; beat until creamy and thickened. Pour into greased pan and cut into squares when firm.

### RHUBARB-STRAWBERRY JELLO JAM

Leilani Jensen

10 c. chopped rhubarb	6 c. sugar
-----------------------	------------

Mix together and let set overnight. In the morning, boil hard for 20-25 minutes. Remove from heat and add 1 large box strawberry jello. Stir for about 5 minutes or until dissolved, then seal.

### SPICED PEACHES

Leilani Jensen

1 (29 oz.) can peach halves	1 Tbsp. whole cloves
1 c. golden brown sugar	1 Tbsp. allspice
3/4 c. cider vinegar	2 (2 inch) sticks cinnamon

Drain syrup from peaches into a kettle. Add sugar, vinegar and spices; boil 10 minutes. Add peaches and cook for 5 minutes. Chill. Makes 1 quart, or, when hot, ladle into hot jars (2 pints) and seal.

Note: Canned pear halves, pineapple slices, whole apricots or Kadota figs may be used.

### FUDGE

Nelda Schimke

3 c. sugar	12 oz. pkg. chocolate chips
1/4 c. butter	1 jar marshmallow creme
2/3 c. (5 1/3 oz. can) evaporated milk	1 c. chopped nuts
	1 tsp. vanilla

Combine sugar, butter and milk. Bring to a boil, stirring constantly. Boil for 5 minutes over medium heat, stirring

## FUDGE (Continued)

constantly. Remove from heat. Stir in chocolate chips until melted. Add marshmallow creme, nuts and vanilla; beat until blended. Pour into greased oblong pan (13 x 9 inches) and cool. Cut into squares.

## CREAM CARAMEL CANDY

Wanda Hinds

### Part I:

2 c. sugar  
1 c. milk

1 Tbsp. butter

Bring to a boil. Part II: Put 1 cup sugar in heavy skillet and melt until brown and caramelized. Stir to melt. Pour first part into second part and boil for 8 minutes. Add 1 teaspoon vanilla and some chopped walnuts. Cool and beat until creamy. Pour onto buttered plate.

## NEVA DATE ROLL

Ruby Ringhouse

2 c. sugar  
1 c. water  
1 lb. dates, cut up in 1/4  
pieces

1 c. chopped nutmeats  
1 pat butter  
1 tsp. vanilla

Boil sugar and water to soft ball stage then add dates; cook until mealy. Remove from heat. Add nutmeats, butter and vanilla. Beat until stiff. Roll in powdered sugar on towel. Roll towel into sack and hang overnight.

## GRAHAM CRACKER CANDY

Nancie Elwick

In a 9 x 13 inch pan, arrange 24 squares of graham crackers flat. Melt 1 cup butter or margarine with 1 cup brown sugar and 1/4 teaspoon almond flavoring; boil for 3 minutes. Add 1 cup chopped nuts (almonds, pecans or walnuts). Spread over crackers and bake 10 minutes at 325°. When removed from oven and it stops bubbling, sprinkle with 2/3 cup chocolate chips. After 10 minutes, spread chips to frost. Cut warm.

## DIVINITY THAT NEVER FAILS

Vi Whiting

3 c. sugar  
3/4 c. water  
3/4 c. corn syrup  
1 tsp. salt

3 egg whites  
3/4 c. broken nutmeats  
1 tsp. vanilla

Mix sugar, water, corn syrup and salt together in heavy saucepan. Cook rapidly to 238° or soft ball stage. Remove from heat. Beat egg whites until they hold stiff peaks. Pour 1/3 of syrup over egg whites, beating vigorously. Continue cooking remaining syrup until it reaches 270° or hard ball stage. Pour over egg white mixture, beating constantly. Finish beating by hand until mixture is creamy and will hold its shape when dropped from spoon. Add nuts and flavoring. Drop from teaspoon or pour into box lined with foil.

## PEANUT BRITTLE

Linda Buchanan

2 c. sugar  
1 c. light corn syrup  
1/2 c. water

1 c. butter  
2 c. raw chopped peanuts  
1 tsp. soda

Heat and stir sugar, syrup and water in a 3 quart saucepan until sugar dissolves. When syrup boils, blend in butter. Stir often after 230°. Add nuts at 280°. Stir constantly to hard crack stage (300°). Remove from heat and quickly stir in soda, mixing well. Pour onto 2 greased cookie sheets. Cool until you can handle. Stretch thin by lifting and pulling. Loosen from pans as soon as possible. Break up. Store in tightly sealed containers for freshness.

## APPLESAUCELETS CONFECTION

Charlene P. Robinson

2 Tbsp. unflavored gelatin  
1 1/4 c. applesauce  
1 c. sugar

1 c. chopped nuts  
2 tsp. vanilla

Soak gelatin in 1/2 cup applesauce for 10 minutes. Put 3/4 cup applesauce and sugar in saucepan and bring to a boil. Add soaked gelatin and simmer 15 minutes. Remove from heat. Add water and vanilla. Pour into greased pan. Let stand a day or two to get firm. Cut into squares and roll in powdered sugar. (Pear or apricot pulp may be used).

## RHUBARB JAM

Ruth Walberg

5 c. chopped rhubarb  
3 c. sugar  
1 (8 oz.) jar maraschino  
cherries

1 (10 oz.) can crushed pineapple  
1 lb. orange candy slices, cut  
up

Combine rhubarb and sugar and let stand overnight then cook for 15 minutes before adding last 3 ingredients. Boil for 15 minutes more and seal in a hot jar.

## BLUEBARB JAM

Elsie Barben

The union of blueberries and rhubarb is a miracle flavor-blend.

3 c. finely cut rhubarb or 7 c. sugar  
1 (16 oz.) pkg. frozen, thawed 1 (6 oz.) bottle liquid fruit  
3 c. crushed blueberries pectin

If fresh rhubarb, simmer gently until tender. Combine with blueberries in large saucepan. Add sugar and mix. Place over high heat; bring to a full rolling boil and boil hard for 1 minute, stirring. Remove from heat; add pectin. Stir and skim for 5 minutes. Ladle into hot sterilized glasses. Cover at once with paraffin. Makes 9 half pints.

## PEANUT BUTTER CANDY

Chick Ankney

4 c. white sugar 2 Tbsp. Karo syrup  
1 1/2 c. brown sugar 1 can evaporated milk

Boil to soft ball stage then remove from heat; add:

1/4 lb. butter or margarine 1 pt. (12 oz.) peanut butter  
1 pt. marshmallow cream 1 tsp. vanilla

Beat candy until it loses its gloss. Pour into a buttered dish or pan.

## BUTTERSCOTCH

Terry Ringhouse

2 coffee mugs of sugar  
1 coffee mug of water

2 Tbsp. vinegar  
1 cube butter

Mix 2 cups sugar, water and vinegar; cook 15 minutes on high heat. Add butter and decrease heat to medium. Test candy after while by putting in glass of cold water; if it is hard crack, pour into a buttered cake pan and put into freezer. When it is hard, turn pan over and tap gently.

## TAFFY

Jan Ringhouse

2 1/4 c. sugar  
1 1/2 c. light corn syrup  
4 tsp. cider vinegar

1/4 tsp. salt  
1/2 c. evaporated milk

Butter a large shallow pan or platter. Mix together in a saucepan sugar, corn syrup, vinegar and salt. Cook slowly, stirring constantly until sugar dissolves. Bring mixture to a boil; add evaporated milk slowly so boiling does not stop. Cook mixture over medium heat, stirring constantly until temperature is 285° (firm ball stage). Immediately pour into buttered pan or dish. When cool, pull (in cool place) with buttered hands, a small portion at a time; pull until light color.

## APRICOT SNOWBALL

Ruby Ringhouse

Wash and dry 24 dried apricots (48 halves). Put through food chopper. Alternate with 1 1/2 cups shredded coconut; repeat.

2 tsp. orange juice

2 Tbsp. powdered sugar

Pat into 1 inch layer. Cut into squares. Roll in powdered sugar.

## ROSE PETAL JELLY

Mrs. Chet Baker

1 c. rose petals, packed down  
1 c. water

2 Tbsp. lemon juice

Simmer together until petals lose color. Measure strained liquid. Add 1/2 bottle liquid pectin; boil a full rolling boil for 1 minute. If to use, place in refrigerator or seal and store in dark place.

## ALMOND ROCA

Betty Bussing

1 lb. butter  
2 1/2 c. sugar  
1 c. chopped almonds

1 large milk chocolate bar  
1/2 c. ground almonds

Melt butter; add sugar, stirring constantly. Cook to soft crack stage. Add chopped almonds then cook to hard crack stage. Pour on buttered 12 x 16 inch pan. As soon as candy hardens (enough to handle), turn over. Spread with half of melted chocolate and sprinkle with ground almonds. Put in freezer 10 minutes to harden then turn candy over and do the same to other side. Return to freezer for 10 minutes. Break candy into pieces and store in jar. To melt chocolate, put in double boiler over hot water. (Thanks, Mrs. Beeman).

**\*\* EXTRA RECIPES \*\***





## BEVERAGES & MISCELLANEOUS



# FOOD QUANTITIES FOR SERVING 25, 50 and 100 PERSONS AT PICNIC

*Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook.*

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
<b>Sandwiches:</b>			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
<b>Meat, Poultry or Fish:</b>			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
<b>Salads, Casseroles:</b>			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
<b>Ice Cream:</b>			
Brick	3¾ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
<b>Beverages:</b>			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
<b>Desserts:</b>			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints

## BEVERAGES AND MISCELLANEOUS

### WHITE SAUCE MIX

Karen Morgan

2 c. instant flour (Wondra)	4 tsp. salt
1 c. butter	2 1/2 c. nonfat dry milk
1 Tbsp. Ac-cent	

Combine and mix with pastry blender until very fine. Store in covered container in refrigerator. To make thin sauce, use 1/4 cup mix to 1 cup water or milk; medium sauce, use 1/2 cup mix to 1 cup liquid; thick sauce, use 3/4 cup mix to 1 cup liquid. Mix in cheese, mushrooms or other seasonings.

### CARROT SANDWICH FILLING

Chick Ankney

1 c. carrots, chopped finely	3 Tbsp. mayonnaise
1/2 c. walnuts, chopped coarsely	1/2 tsp. salt
2 Tbsp. lemon juice	

Combine all ingredients.

### HOW TO MAKE CORNED BEEF

Norman Fredrickson

5 lb. beef	1 tsp. salt peter
Handful of salt	1/2 c. boiling water
1 clove garlic, crushed	Black pepper

Rub salt over meat. Rub with crushed garlic. Place salt peter in a cup and add boiling water. Let cool. Pour over meat. Sprinkle with plenty of black pepper. Let stand for 10 days. (Carrie Bergum's recipe).

### MARASCHINO CHERRIES

Carol Fredrickson

5 lb. Royal Anne cherries, weighed before pitting	4 tsp. almond extract
4 lb. sugar	3 Tbsp. red food coloring

Sprinkle sugar over cherries. Let stand overnight. In the morning, heat and let boil for 20 minutes. Add flavoring and food coloring. Seal while hot. (Carrie Bergum's recipe).

## HORSERADISH SAUCE

Diana VanNotric

- |  |   |
|--|---|
| 2 Tbsp. freshly grated horse-<br>radish or prepared horse-<br>radish in a bottle | 1 c. beef stock<br>Juice of 1/2 lemon<br>Pepper |
| 2 Tbsp. butter   | Sugar, to taste                                 |
| 1 medium onion, finely chopped   | 3 Tbsp. heavy cream                             |

Melt butter in saucepan; saute onions until soft. Stir in flour and continue stirring until flour and onions are lightly browned. Add all remaining ingredients, except cream, and bring sauce to a boil then simmer 3 minutes. Remove from heat and add cream. Serve warm. To serve with boiled beef.

## PARTY PUNCH

Peg Reynolds

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 1 (6 oz.) can lemonade<br>concentrate | 1 1/2 c. sugar<br>3 c. water     |
| 1 (6 oz.) can orange juice            | 1 (15 oz.) can crushed pineapple |

Mix and freeze. Stir while freezing every 10 minutes. A plastic bag is best for freezing. After it is frozen, take a hammer and break it up. Put in a punch bowl and add 2 quart bottles of 7-Up or ginger ale just before serving. You may add vodka or light rum to taste.

## CHRISTMAS LIQUEUR

Freda Ewing

Fill glass gallon jar 1/3 full of fresh picked blackberries.. Fill the next 1/3 with cubed sugar. Finish with 100 proof vodka. Do not stir! Place waxed paper over mouth and set the lid on. Do not screw on! Set jar in dark place at room temperature. Leave one month then stir and let set until Christmas. Strain and refrigerate. Serve chilled straight or with mixer.

## ORANGE JULIUS

Veda Baldwin

- |   |                                  |
|---|----------------------------------|
| 1/3 c. frozen orange juice<br>concentrate | 1/4 c. sugar<br>1/2 tsp. vanilla |
| 1/2 c. milk                               | 5 or 6 ice cubes                 |
| 1/2 c. water                              |                                  |

Combine all in blender. Cover, blend 1/2 minute. Serve immediately. Makes 2 glasses.

## BEEF, VENISON, TURKEY OR CHICKEN JERKY

Mike Woods

Meat: Lean cuts of beef (flank or round steak), venison and white meat of chicken and turkey. Cut about 2 pounds with grain for chewy jerky, cross grain for brittle jerky, into 1/4-1/8 inch slices; trim off fat.

Combine in a bowl:

1/4 c. soy sauce	1/2 tsp. onion powder
1 Tbsp. Worcestershire sauce	1 tsp. hickory smoke flavor
1/4 tsp. each pepper, garlic powder	salt

Stir well; coat meat strips thoroughly. Meat will absorb most liquid. Let stand 1 hour or cover and refrigerate overnight. Arrange meat close, but not touching, on oven racks or cake racks set in shallow baking pans. Dry meat at lowest possible oven temperature (150°-200°) until it has turned brown, feels hard and dry (about 5 hours for chicken and turkey, 4-7 hours for venison and beef). Pat off beads of oil, let cool. Remove from racks and store in airtight plastic bags or tight jar. Keep at cool temperature. Will keep for ages. Makes about 1/2 pound.

## GRANOLA

Ms. Alison Zak-Blum

### Dry Ingredients:

2 c. rolled oats	2 c. sunflower seed
2 c. rolled wheat	1 c. each dried fruit, chopped
2 c. wheat germ	dates, raisins or currants,
2 c. sesame seed	almonds

Use 7 parts dry ingredients to 1 part liquid ingredients.

### Liquid Ingredients:

1/2 c. honey	1 tsp. vanilla
1/2 c. oil	

Combine dry and liquid ingredients. Spread on cookie sheet. Bake at 350° for about 15 minutes.

## CAROB MILK

Diane McManus

3 Tbsp. carob powder  
3 Tbsp. honey

2 c. milk  
2 c. crushed ice

In a blender, blend all ingredients. Add more honey if a sweeter taste is desired. Always blend carob powder in blender to dissolve it. Makes 4 servings.

## VEGETABLE COOLER

3 c. carrot juice  
1/3 c. celery juice

1/3 c. spinach juice

In a blender, blend ingredients and serve with a sprig of parsley. Makes 4 servings.

## CREAMED CORN

Jan Ringhouse

9 qt. corn, cut off cob  
1 c. sugar

1/2 c. salt  
1 qt. water

Bring to a boil and boil for 10 minutes. Stir constantly because it burns easily. Let cool and freeze.

## SPICED MOCHA MLX

Patt Woods

1 c. dry non-dairy creamer  
1 c. quick hot cocoa mix  
2/3 c. instant coffee powder

1/2 tsp. cinnamon  
1/4 tsp. nutmeg  
1/2 c. sugar

Mix well. In a cup of hot water, use 2 or more teaspoonfuls of mix. Makes a delicious drink.

## SPICED CREAM SYRUP

Lillian Grant

1 c. dark corn syrup  
1/2 c. cream or undiluted  
evaporated milk

1/2 tsp. powdered nutmeg  
Few grains of salt

Stir together until well blended. Serve either warm or cold. Makes enough for 15 pancakes or 6 waffles.

## DEVILED HAM SAUCE

Lillian Grant

2 Tbsp. bacon drippings  
4 Tbsp. flour  
1/4 c. (2 oz.) can deviled  
ham

1/2 tsp. salt  
1/4 tsp. dry mustard  
Dash of pepper  
1/2 tsp. Worcestershire sauce

Stir in gradually 1 1/2 cups milk. Just before serving, add 1 tablespoon minced parsley. Serve sauce over poached egg and stack of 3 pancakes or over vegetables and potatoes. Serves 5.

## RUSSIAN TEA

Linda Buchanan

2 c. Tang instant juice mix  
1/2 c. instant tea  
1 pkg. powdered lemonade  
(Twist)

1 1/2 c. sugar  
1 tsp. cinnamon  
1/2 tsp. cloves

Mix together. Store tightly covered. Use 2 teaspoonfuls per cup of hot water. Makes 2 pints.

## BULK HOT CHOCOLATE

Linda Buchanan

8 qt. pkg. powdered milk  
1 lb. box Nestle's Quik

6 oz. jar Coffee-mate  
1 c. powdered sugar

Mix thoroughly. Put 2 coffee measures in cup and add hot water.

## HOT BUTTERED RUM MIX

Betty Bussing

1 lb. butter  
1 lb. brown sugar

1 qt. vanilla ice cream

Melt butter and brown sugar. In a large mixer bowl, put 1 quart ice cream, which has been cut into chunks. Add melted mixture and beat until smooth. Put into container and freeze. When making your drink, use 1 heaping tablespoonful of mix to 1 ounce light rum then fill cup with hot water. Sprinkle top with nutmeg.

**\*\* EXTRA RECIPES \*\***

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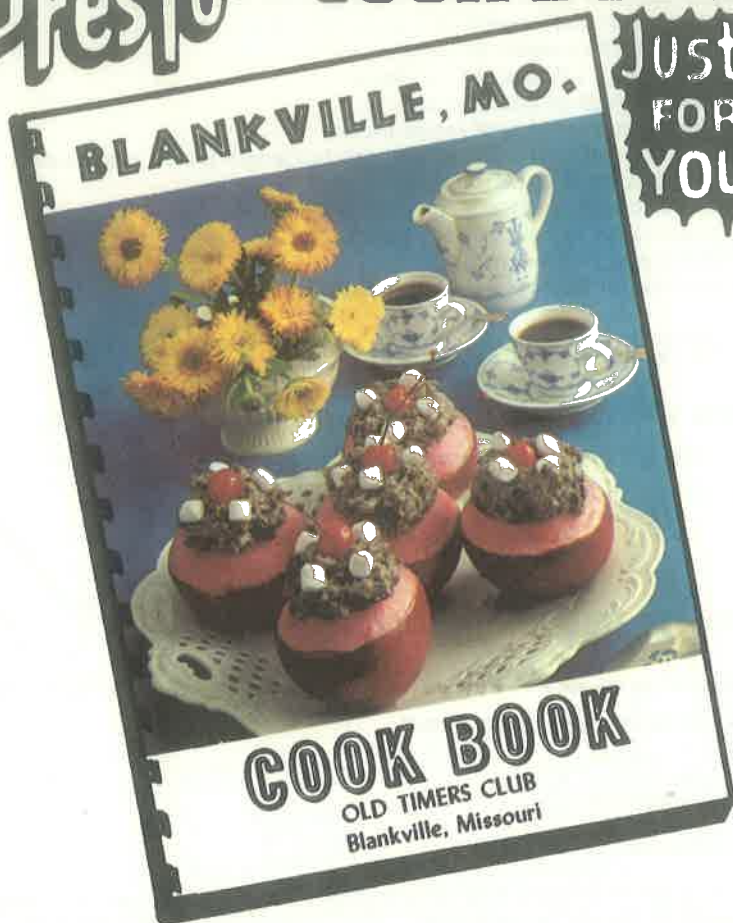
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